



## The Dumping Ground (Paperback)

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By Latasha Matthews

Through Words Publishing, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Dumping Ground is a practical resource that highlights the importance of developing and maintaining healthy boundaries. This book sheds light on a variety of areas that individuals often struggle in when attempting to set boundaries. It is a powerful resource that will help you gain awareness, allow you to reflect and can help you identify practical steps to begin maintaining life-saving boundaries. Latasha Matthews brings this subject home to the heart of every person that has ever dealt with difficult relationships, poor finances, drugs, self-worth issues and work life balance issues. With her own personal experiences she takes you through a journey of self-reflection. No more over committing, no more overspending, no more pleasing others. No is a complete sentence and is an effective word to use when establishing limits. To live an intentional life filled with purpose you must have the skills to say no and set limits. Happy Boundary Setting!.



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