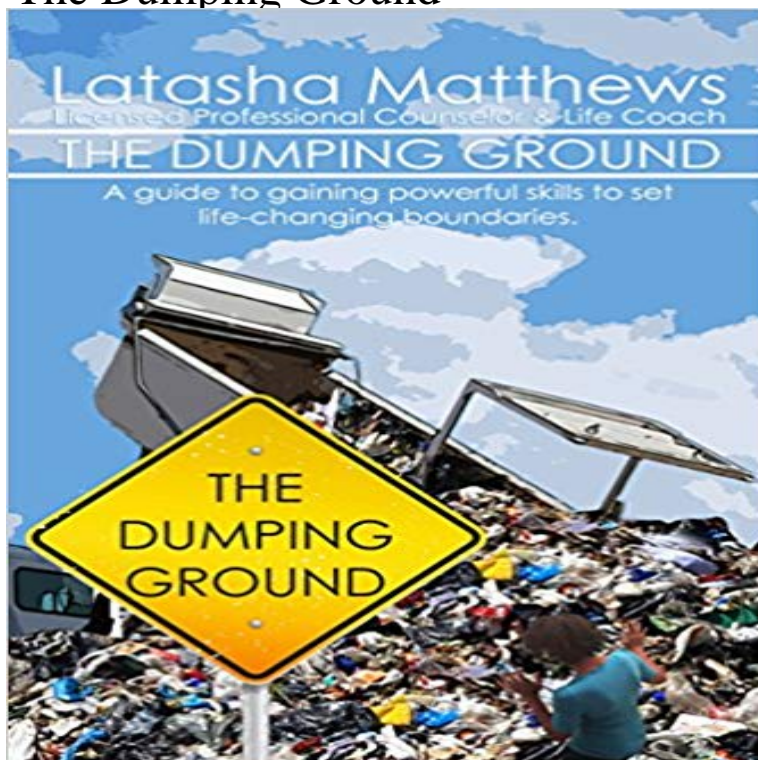


The Dumping Ground



The Dumping Ground is a practical resource that highlights the importance of developing and maintaining healthy boundaries. The book sheds light on a variety of areas that individuals often struggle in when attempting to set boundaries. This resource will help you gain awareness, allow you to reflect and to identify practical steps to begin maintaining life-saving boundaries. To live a intentional life filled with purpose you MUST have the skills to say NO and set limits. 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 and practical steps to begin the powerful process of taking care of your self by setting boundaries. 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.

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