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Accessible, entertaining, and illuminating, "Stop Giving It Away" is a book for every woman who tends to put everyone else first and herself last." Details.

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Cherilynn Veland has worked extensively in psychiatric settings, child welfare agencies, domestic violence, sexual assault, and substance abuse treatment programs

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the rest of which I write about in my new book, Stop Giving It Away. Stop Self-Sacrificing and Start Claiming Your Cherilynn M. Veland, LCSW, MSW,

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Shannon, I know your situation must be extremely difficult and I really feel for you. I am a single mother of two girls and I work and go to school so I can t

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Giving it away

ALL WOMEN GIVE IT AWAY. Or, I should say, all caring, compassionate women give it away. However, how they give it away and to what extent varies greatly.

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a win win way. This is the extremely important background concept for learning healthy self-love and not giving your power away.

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Want more party profit? stop giving it away |

There are a lot of hidden costs that go unrealized in florists party and wedding reception pricing structures, said Tim Farrell, AAF, AIFD, PFCI, owner of

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Not surprisingly, this dynamic is particularly intense in couple relationships. Each partner seemingly holds the power to grant or deny what the other most needs to

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