



Stop Giving It Away: How to Stop Self-Sacrificing and Start Claiming Your Space, Power, and Happiness

Cherilynn M. Veland

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Winner of the National Indie Excellence Book Award for Women's Issues in 2015, *Stop Giving It Away* untangles what binds so many women to other people's needs, wants and expectations. Cherilynn Veland, a social worker, counselor and coach, builds a case for what women can do to make changes that will help them live more fulfilling personal and professional lives.

Stop Giving It Away illustrates real-life stories of women who?to the detriment of their relationships and personal happiness?have given away too much at home and at work. The book offers a toolkit for recognizing and analyzing unhealthy behaviors, developing healthy relationship strategies, and setting good personal boundaries.

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

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