

## YOU DON T HAVE TO TAKE IT ANYMORE STOSNY STEVEN%0A

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**You Don't Have to Take It Anymore - Sonderbooks**  
You don't need a description of how much they hurt or how bad it is for you to keep them. You need to learn how to take them out and how to heal the wounds in ways that prevent scarring. Checklists and bullets about the behaviors or attitudes that qualify as resentful, angry, or abusive would distract you from your most important task.

#### **Steven Stosny - Wikipedia**

Steven Stosny is the founder of CompassionPower in suburban Washington, DC and author of several books on improving relationships. He has taught at the University of Maryland and at St. Mary's College of Maryland.

**You Don't Have to Take it Anymore eBook by Steven Stosny ...**

Written with compassion, *You Don't Have to Take It Anymore* is a gift to you as well as the people you love." -- Pat Love, EdD, author of *The Truth About Love* and *Hot Monogamy*. "In these pages, Stosny breaks the code of family violence and provides family members from all walks of life with a Rosetta stone on how to act and be different.

**You Don t Have To Take It Anymore, by Steven Stosny, PhD**

*You Don t Have To Take It Anymore*, by Steven Stosny, PhD As Steven Stosny says, Compassion directly activates your core value the most important things about you. In your deepest values, you act with conviction and strength. Compassion is power.

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