



# **Stand Your Ground: How to Cope with a Dysfunctional Family and Recover from Trauma**

*Katherine Mayfield*

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Dysfunctional family dynamics can ruin your life, your health, your career, and your self-esteem. "Stand Your Ground" reveals how deeply dysfunctional family dynamics can affect you, offers advice on the best ways to deal with difficult relatives and family bullies, and provides a simple four-step plan for recovering from the trauma of growing up in a dysfunctional family and rebuilding your self-esteem.

Written by Katherine Mayfield, award-winning author of the memoir "The Box of Daughter" and "Bullied: Why You Feel Bad Inside and What to Do About It," "Stand Your Ground" will help you create a workable plan for dealing with your family and reclaiming your authentic self.

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