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Boundaries: Where You End and I Begin

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Synopsis A revised and updated edition of the classic guide that explains how setting clear boundaries can bring order to a chaotic life, strengthen relationships, and enhance both mental and physical health. About the Author Anne Katherine, M.A., is a psychotherapist, licensed ...

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She is the author of the best-selling book, Boundaries: Where you End and I Begin, and her newest book is How to Make Any Diet Work: Repair Your Disordered Appetite and Finally Lose Weight. Katherine lives in the Pacific Northwest. More items to explore. Page 1 of 1 Start over Page 1 of 1 .

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Personal boundaries, just like the "No Trespassing" sign, define where you end and others begin and are determined by the amount of physical and emotional space you allow between yourself and others.

Personal boundaries help you decide what types of

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communication, behavior, and interaction are acceptable. Why is it important to set boundaries ?

How to Create Healthy Boundaries

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For those of us who have walked away from a

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