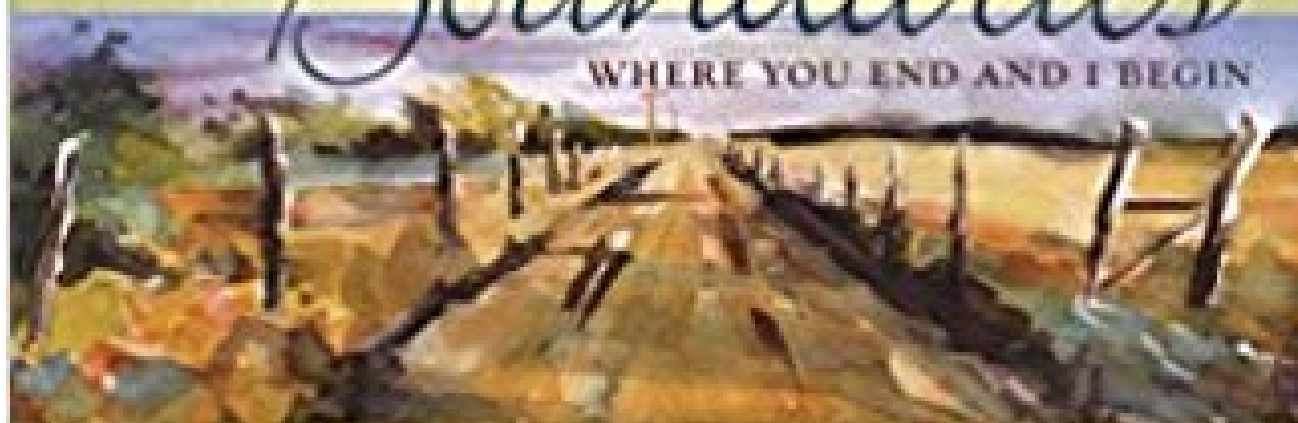


ANNE KATHERINE, M.A.

# Boundaries

WHERE YOU END AND I BEGIN



HOW TO

RECOGNIZE

AND SET

HEALTHY

BOUNDARIES

*"One of our top ten books on relationships"*

-RECOVERING TOGETHER

Anne Katherine

## Boundaries: Where You End and I Begin— - How to Recognize and Set Healthy Boundaries



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Boundaries bring purchase to our lives, strengthen our human relationships with others and ourselves, and are essential to our mental and physical wellness. For those of us who have walked from a conversation, conference, or visit feeling violated rather than understanding why, this reserve helps us acknowledge and set healthy boundaries. For all those of us who've walked from a conversation, conference, or go to feeling violated and not understanding why, this reserve assists us recognize and collection healthy boundaries. Real-life stories illustrate the side effects of not really setting limits and the benefits obtained by respecting our own boundaries and the ones of others.



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This is the best book on personal boundaries that's not from a ... Read this a long time ago and needed it for a friend. This is actually the best publication on personal boundaries that's not from a spiritual standpoint. Great addition to on your own help library and ACA folks! I'll read the next. The author is certainly funny and interesting; Unimpressive, feels like reading rambled jargon Disliked this book. I'm new to these "boundaries" items, and I am glad I chose this reserve to get me began. Clear, well written, cases, among the best on the topic Among the best authors upon this subject and the most crystal clear and clear to see and make an application for me after considering shops and libraries for something i possibly could really enjoy reading, learn as much as possible about and apply it in my life. It has helped me know what I am more comfortable with and my interactions with others Very eye starting. It offers helped me determine what I am more comfortable with and my interactions with others. Then I read the Whitfield, and OMG! Insightful Useful explanations of the various kinds of boundaries and how they can affect all areas of your life. Even though I don't agree with all of her concepts, it's still an available tool for identifying types of behaviours. I disagree with one of the other reviewers about any of it being as well graphic. I believe the author did an excellent job of describing sufficient of a painful, complicated subject like sexual abuse or incest which affects millions of families. Good for a reference publication to read from time to time. Even though a lot of the stories are told by ladies (there several told by men), don't allow this place you off. The overall points about boundaries aren't gender particular and I think male readers would gain understanding and discover it interesting. but other than that it's a fantastic book. This book is a Godsend to me. I will recommend this book to my close friends and co workers. It is a little slow getting started and almost all the case research are women, but other than that it's an excellent book. I found it empowering to read because it doesn't victim-blame, rather it fills me with a sense of worthiness and responsibility for my own self. Observe my review on her other book Where you can Draw the Line which i think can be her best of all on this topic. A good start This book is okay, but there are better books. I purchased this book combined with the reserve by Charles Whitfield ("Boundaries and Relationships"). Great book for all those of us that struggle with setting boundaries. It trained me how not to be a doormat. The Whitfield provides yet content, but a lot more, and so much more readable. I would recommend you get the Whitfield book, and don't even bother with this book. Understanding Boundaries (not on the subject of geography) What are they? This book has all of the examples that just don't suit . So essential, but how can you know precisely what they're, where they are? Very insightful on mindfulness Great book We became self alert to many things. We need to be brave to openly talk about what boundaries appear to be in order to shield them. Easy to forget these things. In the event that you happened to grow up in a home where healthy, audio and appropriate boundaries had been modeled for you, perchance you won't want this book - but for a lot of us it is definitely/will be very useful. They loved it Purchased it for an individual Good read. Not the best book I've continue reading the subject, however, not bad either. This book has all the examples that just don't suit to general population. Empowering and Readable I loved this reserve - I've been recommending it to everyone. A must read!! Hope to discover one with useful information Healthy reading Good advice Great book!. It certainly helped give me some clearness on what healthy boundaries are. This publication will help. I adored that she offered such detailed examples. This book is a good resource. I started with this publication, and thought it was good. Excellent book for anybody who has questions about those pesky boundaries.. I must say i enjoyed it. Short and to the point. Many of the examples simply don't mske sense for the background/tradition I am from. Rather than assisting to define boundary

this reserve rather evoked unfavorable vibes.



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