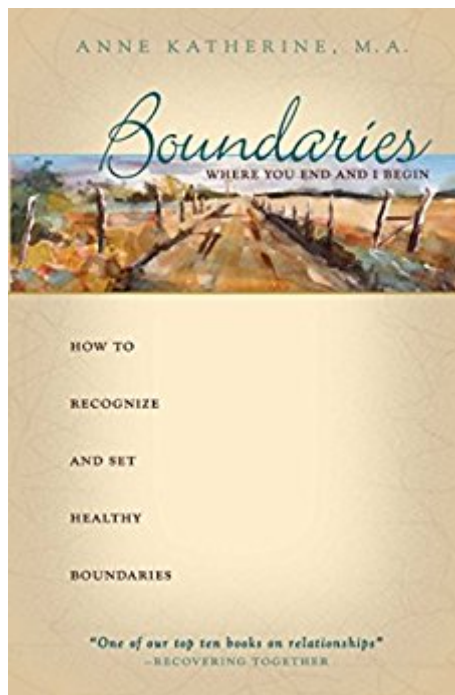




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Boundaries Where You End And I Begin: How To Recognize And Set Healthy Boundaries



Synopsis

For those of us who have walked away from a conversation, meeting, or visit feeling violated and not understanding why, this book helps us recognize and set healthy boundaries. Boundaries bring order to our lives, strengthen our relationships with others and ourselves, and are essential to our mental and physical health. For those of us who have walked away from a conversation, meeting, or visit feeling violated and not understanding why, this book helps us recognize and set healthy boundaries. Real-life stories illustrate the ill effects of not setting limits and the benefits gained by respecting our own boundaries and those of others.

Book Information

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Customer Reviews

This book has been a Godsend to me. It really helped give me some clarity on what healthy boundaries are. It is a little slow getting started and almost all the case studies are women, but other than that it's a fantastic book.

Very eye opening. It has helped me determine what I am comfortable with and my interactions with

others. It taught me how not to be a doormat.

I loved this book - I've been recommending it to everyone. The author is funny and interesting; I loved that she gave such detailed examples. I'm new to these "boundaries" things, and I am glad I chose this book to get me started. I found it empowering to read because it doesn't victim-blame, instead it fills me with a feeling of worthiness and responsibility for my own self.

Loved this book so much that I recommend it frequently to others. In fact, this purchase was to buy two more so that I could have them on-hand should the opportunity arise to inform others on this important topic. I like the way the material is presented in this book, with easily understandable, real-life examples that make it easy to internalize the information.

After reading this book I now know how to set boundaries and respect the boundaries of others. It's an issue I struggled with daily. This book really helped me understand how my childhood was affecting my current relationships with others.

Helped me to know where my boundaries are lacking. Many good real life examples. Helpful tasks to complete to gradually learn how to set boundaries.

Awesome book! Being very detailed in explanation and illustration, she helps the reader understand why boundaries are so important, where they became an issue and how to establish them.

Trauma and hardship are mentioned but not glorified. I would not give the book to a person younger than 15, unless they have faced similar difficulties. Excellent descriptions of complicated emotional subject matter. Truly therapeutic. I will be sending this to a few loved ones.

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