

Boundaries Where You End And I Begin How To Recognize Set

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

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