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**BOUNDARIES: WHERE YOU END**

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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

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both mental and physical health. About  
the Author Anne Katherine, M.A., is a  
psychotherapist, licensed ...

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Boundaries separate us from others physically and emotionally. In fact, they are essential for our mental and physical health as well as for developing healthy relationships. Yet every day, people's boundaries are violated by friends, family, or coworkers. Despite the importance of



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personal boundaries many people are  
unaware of how or whe

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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.

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This title plan shows the general position of the boundaries: it does not show the exact line of the boundaries. Measurements scaled from this plan may not match measurements

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between the same points on the ground. This is a clear statement that HM Land Registry is unable to tell you precisely where a property boundary is located.

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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

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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 ?

*How to Create Healthy Boundaries*

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