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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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Boundaries separate us from others physically and emotionally. In fact, they are essential for our mental and physical health as

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well as for developing healthy relationships. Yet every day, people's boundaries are violated by friends, family, or coworkers. Despite the importance of personal boundaries many people are unaware of how or whe

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and her newest book  
is How to Make Any  
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Appetite and Finally  
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Katherine lives in the  
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This title plan shows  
*Page 23/37*

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the general position of the boundaries: it does not show the exact line of the boundaries.

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property boundary is  
located.

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Personal boundaries,  
just like the “No  
Trespassing” sign,  
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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

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skin is the physical  
you.

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have walked away  
from a conversation,  
meeting, or visit  
feeling violated and  
not understanding  
why, this book helps

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to our lives,  
strengthen our Set  
relationships with  
others and ourselves,  
and are essential to  
our mental...

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