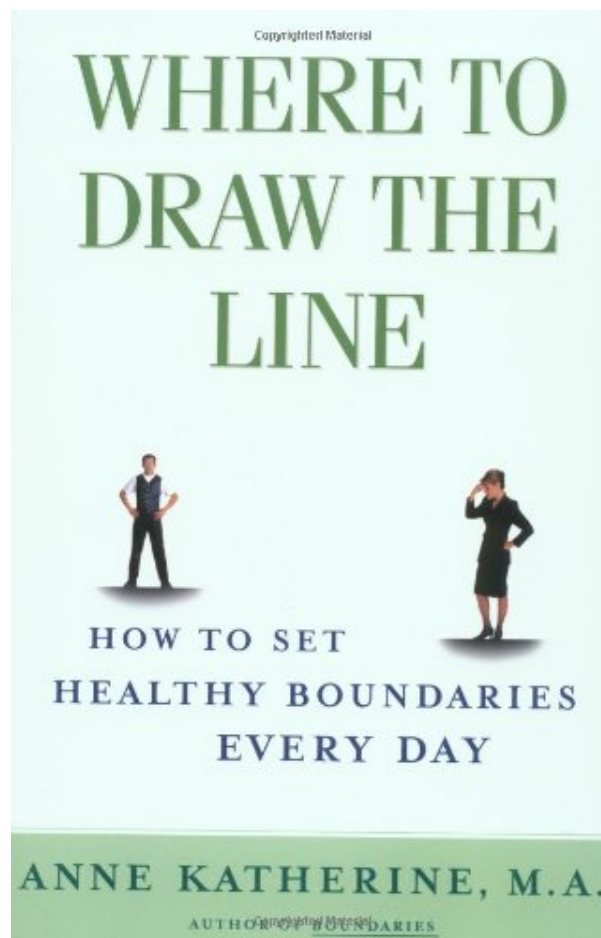


**WHERE TO DRAW THE LINE: HOW TO SET
HEALTHY BOUNDARIES EVERY DAY BY
ANNE KATHERINE**



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WHERE TO DRAW THE LINE



HOW TO SET
HEALTHY BOUNDARIES
EVERY DAY

ANNE KATHERINE, M.A.

AUTHOR OF BOUNDARIES

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From Library Journal

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You created this life by the people you let in and the people you shut out, by giving your time to the quests that matter and by letting hours trickle toward lesser goals, through the pursuits to which you gave your energy, by the pressures to which you gave heed.

Every decision you've ever made, step by step, brought you to this pass. In short, your boundaries -- or your defenses -- created a corridor through which your life moved.

What is a boundary? A boundary is a limit that promotes integrity. At the most elemental level, your skin marks your physical limits. If it is ripped, the integrity of your body is threatened. Your cells hold their shape because a membrane contains them. Your nerves are sheathed. Your brain is protected by blood and bone.

Thousands of other boundaries might also be yours, protecting every treasured aspect of your life -- your relationships, your time, your home, the way you do things, your children, your priorities, your health, and your money. These boundaries are unseen, held in place by your decisions and actions.

A boundary is a limit. By the limits you set, you protect the integrity of your day, your energy and spirit, the health of your relationships, the pursuits of your heart. Each day is shaped by your choices. When you violate your own boundaries or let another violate them, stuffing spills out of your life.

A boundary is like a membrane that keeps an organism intact. It lets positive things through. It keeps harmful things out. In this way it operates quite differently from a defense, which indiscriminately keeps things out.

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This book is a boundary handbook. It can help you discover the walls that are missing as well as rules or customs that confine you to one place, preventing you from occupying the wider spaces. It will also expose defenses that you may have erected in place of healthy boundaries -- defenses that may do a lot of harm to you and your relationships.

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You are the only one who can change your life.

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WHERE TO DRAW THE LINE: HOW TO SET HEALTHY BOUNDARIES EVERY DAY BY ANNE KATHERINE PDF

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WHERE TO DRAW THE LINE: HOW TO SET HEALTHY BOUNDARIES EVERY DAY BY ANNE KATHERINE PDF

From the acclaimed author of the perennial favorite *Boundaries*, *Where to Draw the Line* is a practical guide to establishing and maintaining healthy boundaries in many different situations.

With every encounter, we either demonstrate that we'll protect what we value or that we'll give ourselves away. Healthy boundaries preserve our integrity. Unlike defenses, which isolate us from our true selves and from those we love, boundaries filter out harm.

This book provides the tools and insights needed to create boundaries so that we can allow time and energy for the things that matter—and helps break down limiting defenses that stunt personal growth. Focusing on every facet of daily life—from friendships and sexual relationships to dress and appearance to money, food, and psychotherapy—Katherine presents case studies highlighting the ways in which individuals violate their own boundaries or let other people breach them. Using real-life examples, from self-sacrificing mothers to obsessive neat freaks, she offers specific advice on making choices that balance one's own needs with the needs of others.

Boundaries are the unseen structures that support healthy, productive lives. *Where to Draw the Line* shows readers how to strengthen them and hold them in place every day.

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- 288 pages

Features

- *Where to Draw the Line: How to Set Up Healthy Boundaries Every Day*

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Most helpful customer reviews

112 of 116 people found the following review helpful.

Excellent book on boundaries and codependence!

By A Customer

When my counselor recommended me to read this book, I had no clue what I was in for. This book opened my eyes to all of the unhealthy patterns we have in our relationships and where they come from. It has literally changed my life. Thanks to this book, I am more in touch with myself and have more fulfilling relationships with others in which we truly care about one another. If you'd like to learn about yourself and are really ready for some positive change (it will be painful at first but it is definitely worth it), try this book. The other book I highly recommend on this topic is "The Ever-Transcending Spirit" by Toru Sato. Sato has an unbelievable ability to show us how complex things like internal conflict and relationships work in the simplest ways. Good luck on your transformation!

53 of 56 people found the following review helpful.

This should be required reading for everyone on the planet!

By Celia Bauer

I am in my 40s and read this book with the eye-opening wonder of a very clueless child. So many times I read things here that were a complete revelation to me and I'd think to myself, wow, I'm allowed to say that to someone?!?! Yes, we are allowed to speak our own truth and put our needs above our habit of pleasing others at our own expense! I like that she writes about different topics and gives examples of what to say when someone crosses the line. This is info I can put to work and have already. She also dissected some conversations, pointing out where someone was being manipulative. I can now see that I have been manipulated in conversations and it was such a light bulb moment to understand how it was happening and how to handle it in the future. I raved about the book to friends while I was reading it and three of them wanted to borrow it when I was done. When I finished, I decided I couldn't bear to let go of my copy so I bought three copies as gifts. Money well spent. I intend to buy two more copies for my teenage niece and nephew as well. If everyone could read this book, ESPECIALLY WOMEN, the planet would be a safer, saner and more peaceful place.

1 of 1 people found the following review helpful.

Caution: Will Change Your Life

By L. Wingard

Read this in kindle format and will be ordering the physical book so I can re-read and experience it again. My whole life I have struggled with boundary setting with others, for fear of the "consequences" of having a voice. This book has freed me, and will continue to free me as I practice this new skill in real life.

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Based upon some encounters of many individuals, it is in truth that reading this **Where To Draw The Line: How To Set Healthy Boundaries Every Day By Anne Katherine** could help them making much better selection as well as offer more encounter. If you wish to be among them, let's acquisition this publication **Where To Draw The Line: How To Set Healthy Boundaries Every Day By Anne Katherine** by downloading the book on link download in this website. You can get the soft documents of this publication **Where To Draw The Line: How To Set Healthy Boundaries Every Day By Anne Katherine** to download and install and deposit in your available electronic tools. What are you waiting for? Allow get this publication **Where To Draw The Line: How To Set Healthy Boundaries Every Day By Anne Katherine** on-line and read them in any time and any sort of place you will read. It will not encumber you to bring heavy book **Where To Draw The Line: How To Set Healthy Boundaries Every Day By Anne Katherine** within your bag.

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