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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. Page 1 of 1 Start over Page 1 of 1 .

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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 ?

How to Create Healthy Boundaries

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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...

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