# **BOUNDARIES BY CLOUD AND TOWNSEND**



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Boundaries: When to Say Yes, How to Say No to Take Control of Your Life [Henry Cloud, John Townsend] on Amazon.com. \*FREE\* shipping on qualifying offers. Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other words

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## Personal boundaries Wikipedia

Personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits. They are built out of a mix of conclusions, beliefs, opinions, attitudes, past experiences and social learning. This concept or life skill has been widely referenced in <a href="http://ebookslibrary.club/download/Personal-boundaries-Wikipedia.pdf">http://ebookslibrary.club/download/Personal-boundaries-Wikipedia.pdf</a>

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