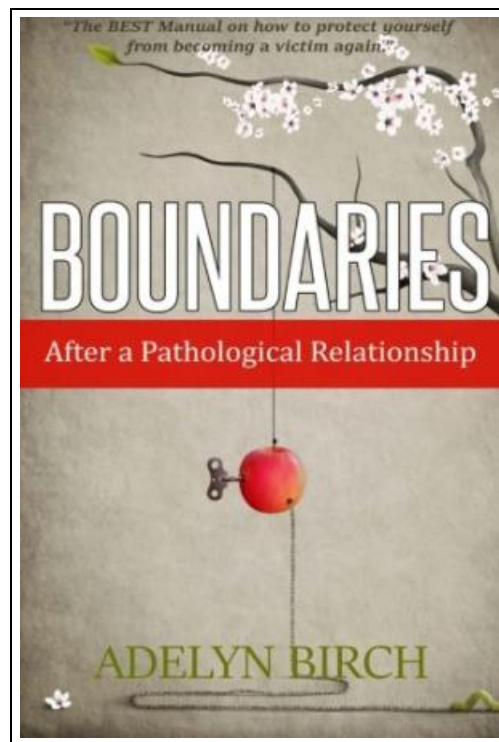


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This book is small, but mighty. If you were involved in a pathological relationship -- or you want to prevent it from happening in the first place -- this book is for you. It gets to the heart of the matter of personal boundaries. Identifying and setting clear boundaries is vital for survivors and for anyone who wants to become more confident, improve relationships, and prevent victimization. When you create boundaries you take a stand for yourself and your life, and you communicate your worth to others in a real and practical way. This concise and powerful book is filled with practical wisdom and useful tips. It will walk you through the process of creating boundaries from start to finish. You get to decide how you want to live. Find your courage. Live in an authentic way. Protect yourself and what's important to you. Gain self respect and the respect of others. Boundaries will help you do all of these things. The BEST Manual on how to protect yourself from becoming a victim again - I know the subject too well. I am going to recommend it to the facilitators in the divorce support group I am attending. This small book was full of tons of useful information. I don't usually write in my books, but my copy of Boundaries has underlining on almost every page. I was really glad I bought it. Excellent Book for Individual, Group or Use in Therapy. A very well written book by an author who has a firm grip on abusers and their cunning ways. Excellent description on what boundaries are, why they are needed and what they can do for the holder...



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