

**CONTINUE ►**

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.DISCLAIMER: "We cannot guarantee the availability of this ebook on an external site."

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