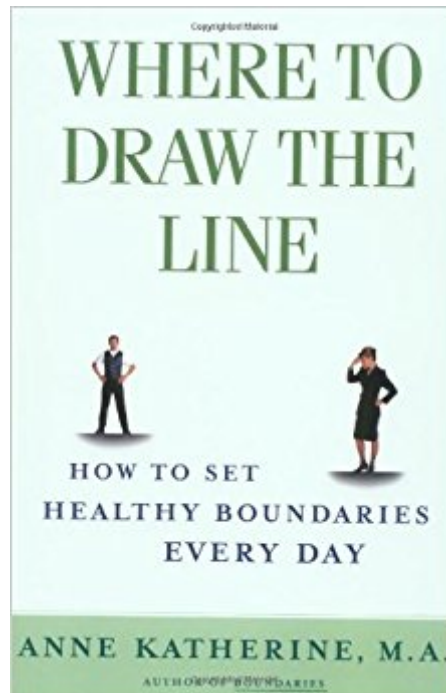


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# Where To Draw The Line: How To Set Healthy Boundaries Every Day



## Synopsis

From the acclaimed author of the perennial favorite *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 will protect what we value or that we will 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.

## Book Information

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## Customer Reviews

The premise here is that people all have many demands on their time and that by setting boundaries they may protect their time and energy for the things that matter most. Being in complete agreement with this idea, the first thing this reviewer should say is that she doesn't have the time to read a whole book about setting boundaries. Although important, this topic could have

been adequately covered as a couple of chapters in a larger book on life management. Mental health counselor Katherine (Boundaries) discusses setting boundaries with friends, relatives, lovers, and exes. Other reasonable topics include anger, intimacy, sex, and divorce. Among the more frivolous chapters are those covering tidiness, food, Internet, and therapist boundaries. The author does give helpful examples of each type of boundary, with advice on where to draw the line. The topics seem so specialized, though, that audience appeal is limited. Purchase is warranted only for extensive self-help collections. AKathy Ingels Helmond, Indianapolis-Marion Cty. P.L. Copyright 2000 Reed Business Information, Inc.

Anne Katherine, M.A., is a certified mental health counselor, speaker, and the author of *Boundaries: Where You End and I Begin* and *Anatomy of a Food Addiction*. She lives near Seattle, Washington, where she leads programs for recovery and healing.

I am halfway through the book and I am learning so much about boundary violations, communication styles and how to set healthy boundaries. This was a tough topic for me as I did not learn much of this growing up and as a result my relationships have suffered. I can better see how I have been a boundary violator and a poor boundary setter. I enjoy the realistic examples with detailed explanations that breakdown what is occurring in the communication. This book is very user friendly and set in a conversational tone. No need to have a degree to grasp the concepts here. It reminds me of the accessibility and fun of Brene Brown's books. Highly recommended!

This book was extremely helpful and opened my eyes to the different ways boundaries can be violated. I recognized areas in my own life where I need better boundaries, and the book had many suggestions for strategies to verbalized your boundaries and stand up for yourself.

I am learning so much from this wonderful book. I have others from this same author, and she writes well.

This is boundaries for people who already get the concept but would like more of an in-depth look. After reading this the first time I began coming up with my own thoughts as to boundaries I hadn't known could exist. For example, a financial boundary would be to say I don't want to pay that much, or I don't want to pay that much right now. Anne Katherine shows how boundaries are valuable within the context of recovery as well as otherwise; also, in some cases, how to spot a missing

boundary that should be there but isn't.

This is a great book if you are looking to improve your boundary setting skills, or are working with others to do the same. I am a support group program coordinator and a grad student for LPC. I use this book to help in my work with others. It is easy to read with practical applications.

This book is perfect to everyone who asks questions about boundaries. To learn what boundaries are, where they start and how to maintain them, without interfering to boundaries of others. Simple but deep on details, the book is a great to set up the base. The base to make your time and energy more efficient.

I'm so grateful that Anne Katherine wrote this book! Even though boundaries are actually just common social sense, many of us have been so turned and twisted by our early life experiences, that we don't really know what's proper and respectful. It's easier to doubt our sensitivities (like, "Ouch! that hurt," "I'm confused," "What just happened?") rather than listen to them ("Yes, that did hurt, which means this person isn't safe."). Katherine's many examples called to mind similar situations I've been in--and her coaching delivered quite a few "ahas!" Katherine makes clear what's a boundary error, what's a violation, and healthy ways to deal with both.

This book came highly recommended by my therapist. I'm having a hard time getting into it but some of the things it discusses have been pretty helpful. I'm only about 65 pages in though.

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