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Boundaries: When to Say Yes, How to Say No to Take Control of Your Life. 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, boundaries define who we are and who we are not.

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Some of the techniques listed in Boundaries: When to Say Yes, How to Say No, to Take Control of Your Life may require a sound knowledge of Hypnosis, users are advised to either leave those sections or must have a basic understanding of the subject before practicing them.

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Boundaries: When to Say Yes, When to Say No-To Take Control of Your Life, Miniature Edition by Dr. Henry Cloud and Dr. John Townsend | Sep 8, 2004 2.7 out of 5 stars 17

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— Henry Cloud, Boundaries: When To Say Yes, How to Say No “One of the first signs that you’re beginning to develop boundaries is a sense of resentment, frustration, or anger at the subtle and not-so-subtle violations in your life.

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In a nutshell, this book is for people who don't know how to set boundaries for themselves. In other words, they're always saying "yes" to things and taking responsibility for things- even when it's not their job. And boundary lines of your responsibilities need to be present in more areas of your life than you might realize, such as...

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