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Synopsis A revised and updated edition of the classic guide that explains how setting clear boundaries can bring order to a chaotic life, strengthen relationships, and enhance both mental and physical health. About the Author Anne Katherine, M.A., is a psychotherapist, licensed ...

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She is the author of the best-selling book, Boundaries: Where you End and I Begin, and her newest book is How to Make Any Diet Work: Repair Your Disordered Appetite and Finally

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Personal boundaries, just like the “No Trespassing” sign, define where you end and others begin and are determined

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