

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

Anne Katherine - pdf download free book

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## Books Details:

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## Description:

**From Library Journal** 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.  
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**About the Author 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.

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