



Where to Draw the Line: How to Set Healthy Boundaries Every Day

By Anne Katherine

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Where to Draw the Line: How to Set Healthy Boundaries Every Day By Anne Katherine

From the acclaimed author of the perennial favorite *Boundaries*, *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'll protect what we value or that we'll 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.

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Editorial Review

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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Chapter 1: What Are Boundaries?

Pause a moment. Stand on the earth and sense the spiral of your life. You have not come to this place by chance. All your choices have brought you here.

You created this life by the people you let in and the people you shut out, by giving your time to the quests that matter and by letting hours trickle toward lesser goals, through the pursuits to which you gave your energy, by the pressures to which you gave heed.

Every decision you've ever made, step by step, brought you to this pass. In short, your boundaries -- or your defenses -- created a corridor through which your life moved.

What is a boundary? A boundary is a limit that promotes integrity. At the most elemental level, your skin marks your physical limits. If it is ripped, the integrity of your body is threatened. Your cells hold their shape because a membrane contains them. Your nerves are sheathed. Your brain is protected by blood and bone.

Thousands of other boundaries might also be yours, protecting every treasured aspect of your life -- your relationships, your time, your home, the way you do things, your children, your priorities, your health, and your money. These boundaries are unseen, held in place by your decisions and actions.

A boundary is a limit. By the limits you set, you protect the integrity of your day, your energy and spirit, the health of your relationships, the pursuits of your heart. Each day is shaped by your choices. When you violate your own boundaries or let another violate them, stuffing spills out of your life.

A boundary is like a membrane that keeps an organism intact. It lets positive things through. It keeps harmful

things out. In this way it operates quite differently from a defense, which indiscriminately keeps things out.

Boundaries provide a clear moral compass. They keep us on track. They protect the important, tender parts of ourselves.

Look at the parts of your life that work, that have integrity. This wholeness comes from the limits you have set to protect them.

Any part of your life that is not working can be improved by boundaries. Whether the organism is you, your body, your health, a friendship, your marriage, your work, or your energy, its integrity can be strengthened by boundaries.

This book is a boundary handbook. It can help you discover the walls that are missing as well as rules or customs that confine you to one place, preventing you from occupying the wider spaces. It will also expose defenses that you may have erected in place of healthy boundaries -- defenses that may do a lot of harm to you and your relationships.

We all make constant decisions about how to use this minute and that minute, whether to say yes or no to that request, whether to respond to a friend's need or rest a bit. It's the little decisions that can use up our lives, that can either support or sabotage our larger mission.

This book is about how to handle the daily demands of life in a way that protects your time and energy for the things that matter. It can help you to be clearer about what to include and what to leave out, so that you can fill the spaces of your life with the people, activities, and pursuits that are truly yours.

You are the only one who can change your life.

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Users Review

From reader reviews:

Donald Campbell:

What do you about book? It is not important along with you? Or just adding material when you require something to explain what you problem? How about your extra time? Or are you busy man or woman? If you don't have spare time to try and do others business, it is make one feel bored faster. And you have time? What did you do? Everyone has many questions above. The doctor has to answer that question mainly because just their can do this. It said that about book. Book is familiar in each person. Yes, it is correct. Because start from on jardín de infancia until university need this particular Where to Draw the Line: How to Set Healthy Boundaries Every Day to read.

Paulette Rodriguez:

Nowadays reading books are more than want or need but also be a life style. This reading practice give you lot of advantages. The benefits you got of course the knowledge your information inside the book that will improve your knowledge and information. The knowledge you get based on what kind of book you read, if

you want get more knowledge just go with education books but if you want sense happy read one with theme for entertaining like comic or novel. Often the Where to Draw the Line: How to Set Healthy Boundaries Every Day is kind of book which is giving the reader unpredictable experience.

Jonathan Carney:

People live in this new moment of lifestyle always try and and must have the spare time or they will get lot of stress from both lifestyle and work. So , once we ask do people have time, we will say absolutely sure. People is human not really a huge robot. Then we question again, what kind of activity are there when the spare time coming to an individual of course your answer will probably unlimited right. Then ever try this one, reading books. It can be your alternative throughout spending your spare time, often the book you have read is usually Where to Draw the Line: How to Set Healthy Boundaries Every Day.

Donnie Ned:

Are you kind of hectic person, only have 10 as well as 15 minute in your day to upgrading your mind proficiency or thinking skill actually analytical thinking? Then you are experiencing problem with the book in comparison with can satisfy your short period of time to read it because pretty much everything time you only find book that need more time to be study. Where to Draw the Line: How to Set Healthy Boundaries Every Day can be your answer since it can be read by an individual who have those short extra time problems.

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