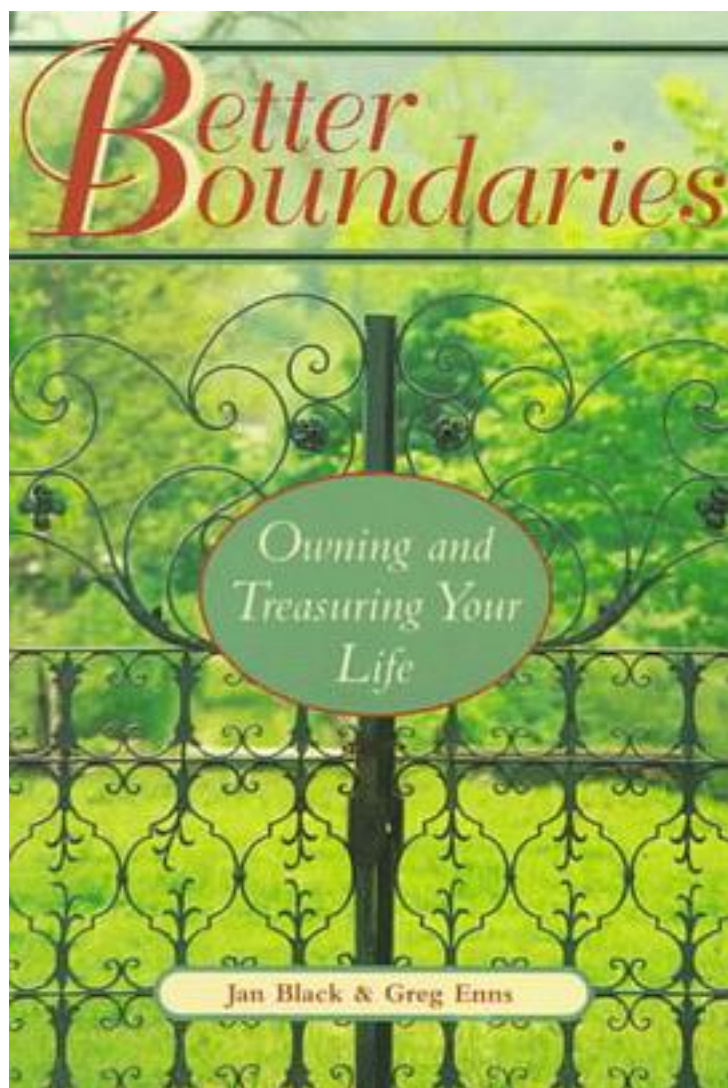


Better Boundaries



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What is the similarity between a teenage heroin addict and a middle-aged workaholic? Both have problems setting boundaries. Boundary issues contribute to an amazing range of social problems. This is a practical guide to establishing effective boundaries. A series of exercises leads readers through typical problem situations to foster their self-awareness and esteem, and to re-establish healthy boundaries and a life of evolving authenticity.

作者介绍:

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