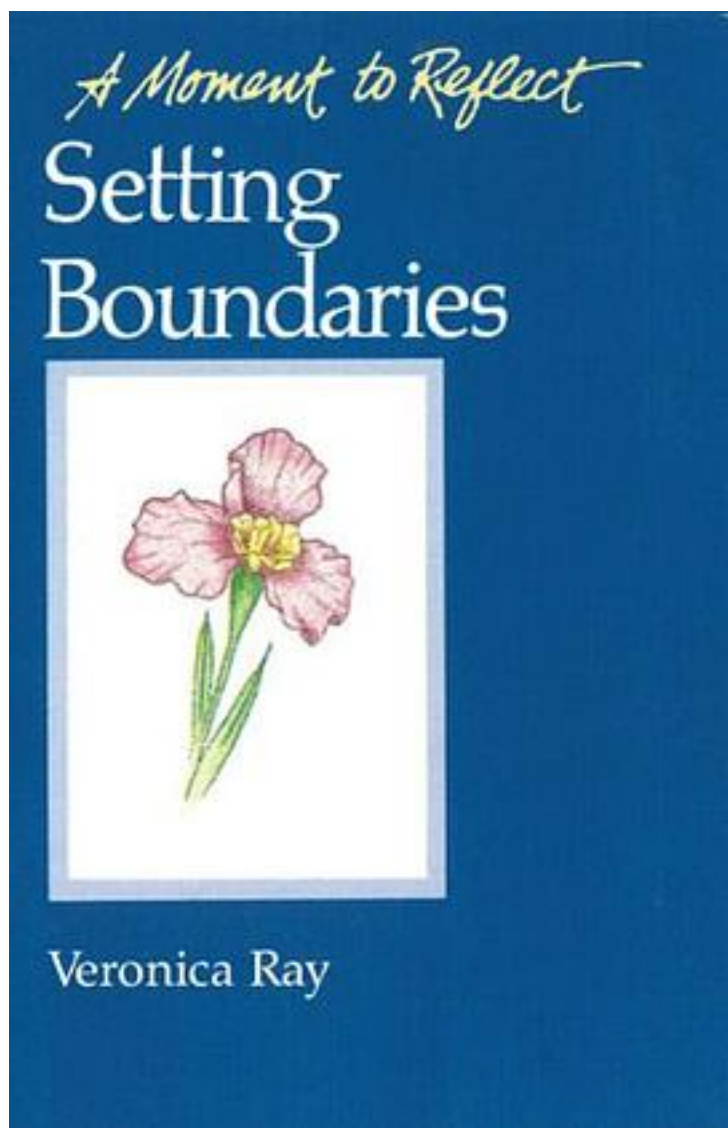


Setting Boundaries



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People recovering from codependency, adult children of dysfunctional families, and those seeking healthier relationships will find welcome wisdom and inspiration in the first four "A Moment to Reflect "booklets, Hazelden's newest inspirational series for Twelve Step living. Each of these four take-along booklets contains 30 topical affirmations that guide us as we work to improve our relationships. The first four booklets in this series address setting boundaries, letting go, accepting ourselves, and living our own lives. Setting Boundaries begins our recovery from the effects of our relationships with addicted, compulsive, or abusive people. As Melody Beattie wrote, "We need to set limits on what we'll give to others and what we'll take from them. We need to let others know where our boundaries are and that we are serious about them. Then, we need to change our behavior accordingly, backing ourselves up with positive action." By setting clear boundaries on our behavior and what we will accept from others, we begin to take back our lives from being controlled by other people's thoughts, feelings, and problems. We claim ownership of and responsibility for ourselves.

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