



Boundaries After a Pathological Relationship

Adelyn Birch

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This book is small, but mighty.

If you were involved in a pathological relationship -- or you want to prevent it from happening in the first place -- this book is for you. It gets to the heart of the matter of personal boundaries. Identifying and setting clear boundaries is vital for survivors and for anyone who wants to become more confident, improve relationships, and prevent victimization.

When you create boundaries you take a stand for yourself and your life, and you communicate your worth to others in a real and practical way. This concise and powerful book is filled with practical wisdom and useful tips. It will walk you through the process of creating boundaries from start to finish.

You get to decide how you want to live. Find your courage. Live in an authentic way. Protect yourself and what's important to you. Gain self respect and the respect of others. Boundaries will help you do all of these things.

"The BEST Manual on how to protect yourself from becoming a victim again - I know the subject too well... I am going to recommend it to the facilitators in the divorce support group I am attending."

"This small book was full of tons of useful information. I don't usually write in my books, but my copy of Boundaries has underlining on almost every page. I was really glad I bought it."

"Excellent Book for Individual, Group or Use in Therapy. A very well written book by an author who has a firm grip on abusers and their cunning ways. Excellent description on what boundaries are, why they are needed and what they can do for the holder of the newly created list of personal boundaries. This book if studied and put into practice could protect many from the narcissists, sociopaths and psychopaths in all areas of one's life. It would lend exceptional protection in the area of dating. It would protect a person from repeating the selection of another abuser if a past relationship was abusive. Highly recommend!"

"Super Helpful: Make And Keep Your Boundaries. This is a really well written book. I found her tips for discovering, recording and keeping your personal boundaries extremely helpful."

"My eyes have seen the light. How I wish I would have read this book years ago."

"Worth your time! Well written, clear, and concise. So thankful I came across this quick, but powerful read. Having separated myself from an 8 year long destructive marriage, and reading many, many books on the topic, I so appreciate the wisdom I found in this writing. I feel empowered once more! Easily rated at 5 stars."

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