



Boundaries in Human Relationships: How to Be Separate and Connected

Anne Linden

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The most important distinction anyone can ever make in their life is between who they are as an individual and their connection with others. Can you truly love another and be the whole, complete and unique person you are? How do you know the difference between your fear and your partner's or between your past anger and your here-and-now anger? The answer lies with boundaries and this is a practical guide to unlocking these mysteries. The book teaches you exactly what boundaries are, how to recognise when you need them and how to create and maintain them using three simple tools: a clearly defined structure of boundaries specific practical steps for creating and managing boundaries - with examples and exercises in depth exploration of the significant areas of relationships and self-esteem through the lens of boundaries. Being able to manage the boundaries in our relationships enables us to stay fulfilled, happy and productive, and to move beyond our psychological and emotional blocks.

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