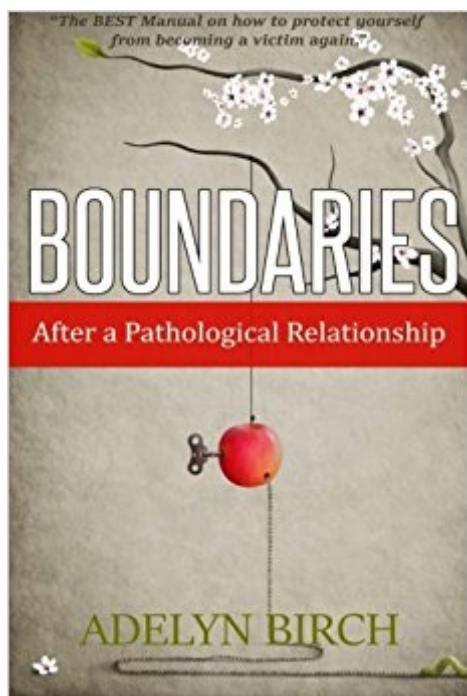


The book was found

Boundaries After A Pathological Relationship



Synopsis

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."

Book Information

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Customer Reviews

I have Drs Cloud and Townshends' book on boundaries; but I prefer this book. Short, concise, to the point about needing boundaries, setting boundaries and keeping boundaries. Explains the subject very well.

This book cuts through chase. If you have weak boundaries, wonder why your relationships fail, you have to have this book. It's a life-changer and equally empowering. Next to the 10 Commandments, it's my favorite.

This book was helpful in helping me understand what healthy boundaries looked like. If I had them and realized the importance of using them, I would have been protected from the Spath that I allowed into my life. But, I also wouldn't have my daughter or be the woman that I am today. Great book on boundaries or "rules" and how to create and enforce them. But most importantly it brings about the understanding that you will never know if a guy cares for you unless you give him boundaries so he can prove to you he does. How will you know he cares? He'll follow your rules.

This book is a must read for anyone who has been or suspects they have been abused by a psychopath, sociopath, or a narcissist. It's a sad club to join, but books like these are necessary for your healing. It is scary how similar my story is to the stories of all other survivors. This book is so helpful and accurate. You must set boundaries and get away from those abusers! Good luck, everyone. Read this book!

This book is more of a summary of key points that you learn from an extensive therapy. If a person just now is getting out of an abusive relationship- I suggest they have a close friend or a family member (if they don't have a therapist) help them to go through this book and learn to apply it in everyday life.

An excellent summary of why we get caught up in or manipulated by those who will take advantage of our low self worth or our people pleasing attitude. This unmasks what is really behind our feelings of helplessness in regards to controlling or toxic people. Do yourselves a favour and read this insightful and life changing information.

If ever u have been in a long-term relationship with an addict and are struggling with the after effects of co dependency or anything like that, this book will guide you in establishing a firm foundation to a healthy existence. Even if it is years later.

This short read will help you gain understanding and perspective about emotionally manipulative relationships. And because knowledge is power, knowing what you experienced and how to protect yourself from repeated toxic relationships helps you take back your power. I definitely recommend this book to anyone who was positively wrecked by something they thought was love.

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