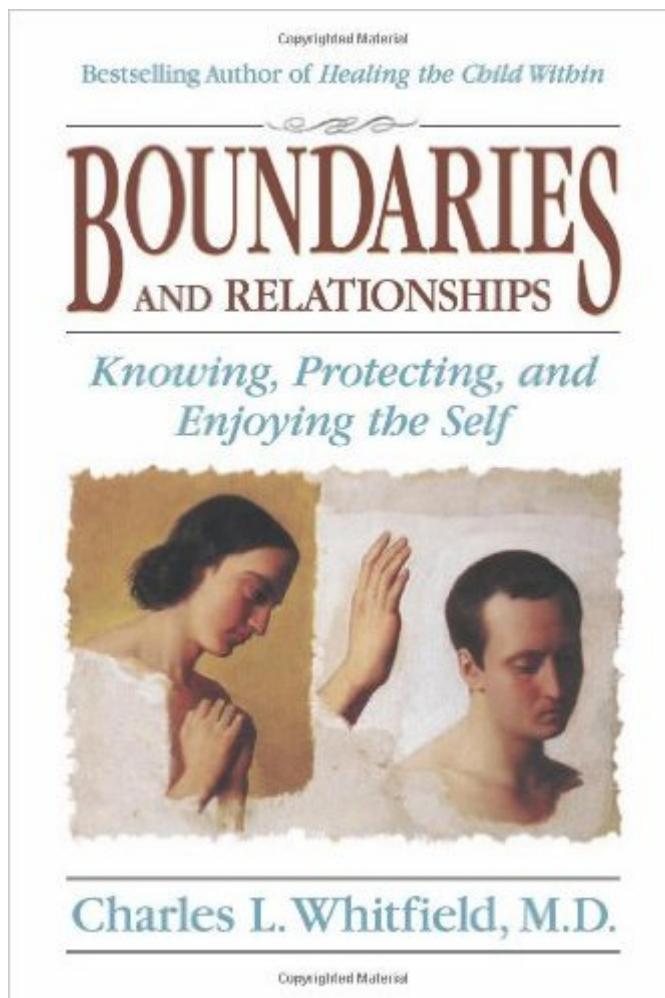


The book was found

Boundaries And Relationships: Knowing, Protecting And Enjoying The Self



Synopsis

More than personal boundaries, this book is really about relationships--healthy and unhealthy ones. Here bestselling author and psychotherapist Charles Whitfield blends theories and dynamics from several disciplines into practical knowledge and actions that you can use in your relationships right now. This comprehensive book opens with clear definitions and descriptions of boundaries, a self-assessment survey and a history of our accumulated knowledge. Going deeper, it describes the 10 essential areas of human interaction wherein you can improve your relationships. These include age regression, giving and receiving (projection and projective identification), triangles, core recovery issues, basic dynamics, unfinished business and spirituality. It shows in countless practical ways how knowledge of each of these is most useful in your recovery and everyday life.

Book Information

Paperback: 288 pages

Publisher: HCI; 1 edition (April 1, 1994)

Language: English

ISBN-10: 155874259X

ISBN-13: 978-1558742598

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (71 customer reviews)

Best Sellers Rank: #32,201 in Books (See Top 100 in Books) #45 inÂ Books > Health, Fitness & Dieting > Mental Health > Codependency #278 inÂ Books > Parenting & Relationships > Marriage & Adult Relationships #349 inÂ Books > Self-Help > Relationships > Interpersonal Relations

Customer Reviews

A very transforming wealth of information. This book gave me so much insight into the behavior of others and what makes them compatible or not. Understanding the way healthy and good relationships work gives you so much insight into those that are not. We have experienced so much "triangling" in relationships over the past nine years that we now have the ability to put these unhealthy and caustic relationships to rest and not be concerned about why they did not work any longer. The "triangling" concept shared in the book was new information, extremely enlightening as to why some relationships will never work. "Too many" people involved. The "triangling" often involves lies, accusations and malicious gossip, enlisting others to join in on their vendetta to hurt and inflict pain because of the imaginary thoughts the unsafe people share with so many.

"TRIANGLING" is unhealthy for all involved. It involves talking about someone who is not there, it's also gossip or an act of creating prejudice against the missing person. Some people never change and will always remain incompatible to you because they are not safe or supportive and never will be. The book goes into detail about why this occurs and is excellent and easy to comprehend and understand. I am sharing a few of my favorite life changing revelations for the book...Page 102, 103 Relationships....SAFE....We should be able to trust them to be real with us and to have most of the characteristics of safe people, safe people tend to listen to you and hear you. They accept the real you and validate your experiences and other material that you may tell them about your inner life. They are clear and honest with you and nonjudgmental of you. Their boundaries are also appropriate and clear.

[Download to continue reading...](#)

Boundaries and Relationships: Knowing, Protecting and Enjoying the Self Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) CODEPENDENCY: 12 Steps to Break Free From Manipulation & Emotional Abuse And Start Enjoying Healthy Relationships & Self Confidence (Enabling, Mind Control, Emotional Health & Happiness) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Beyond Boundaries: Learning to Trust Again in Relationships NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Surviving a Borderline Parent: How to Heal Your Childhood Wounds and Build Trust, Boundaries, and Self-Esteem Polyamory: The Practical Dater's Guide to the Pursuit and Maintenance of Open Relationships **FREE BONUS

BOOK** (Polyamory, Polyamorous, Relationship, ... Polyamory Dating, Open Relationships) The Karma Queens' Guide to Relationships: The Truth About Karma in Relationships Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence - Self Help for Low Self Esteem 10 Days To Lifetime Self-Discipline: The Fastest Path To Motivation And Willpower (Self-Confidence, Self-Belief, Strategies, Develop Discipline, Achieve your Dreams) A Father's Guide to Raising Daughters: How to Boost Her Self-Esteem, Self-Image and Self-Respect Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt) Navy Seal: Self-Discipline: Greatest Lessons of The Toughest Soldiers: Self Confidence, Self Control, Mental Toughness, Resilience

[Dmca](#)