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can bring order to a chaotic life, strengthen relationships, and enhance both mental and physical health. About the Author Anne Katherine, M.A., is a psychotherapist, licensed

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day, people's boundaries are violated by friends, family, or coworkers. Despite the importance of personal boundaries many people are unaware of how or whe

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and others begin and are determined by the amount of physical and emotional space you allow between yourself and others. Personal boundaries help you decide what types of communication, behavior, and interaction

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