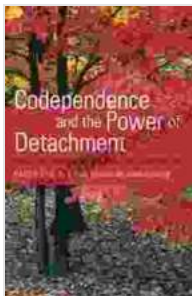


How To Set Boundaries And Make Your Life Your Own

By Sarah Knight, Author of "Each Day"

In this groundbreaking book, Sarah Knight, the bestselling author of "The Life-Changing Magic of Not Giving a F*ck," shares her empowering and practical guide to setting boundaries and taking control of your life.



Codependence and the Power of Detachment: How to Set Boundaries and Make Your Life Your Own (From the Author of Each Day a New Beginning and Let Go Now)

by Karen Casey

★★★★☆ 4.4 out of 5

Language : English
File size : 1374 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 178 pages



Knight argues that boundaries are not about being selfish or unkind. Rather, they are essential for our physical, emotional, and mental well-being. When we set boundaries, we are protecting our time, energy, and resources. We are also sending a clear message to others about how we want to be treated.

Knight's approach to setting boundaries is simple and straightforward. She provides readers with a step-by-step guide to identifying their boundaries, communicating them to others, and enforcing them. She also offers tips for dealing with difficult people and situations.

This book is an invaluable resource for anyone who wants to improve their relationships, reduce stress, and live a more fulfilling life. Knight's wisdom and wit will guide you every step of the way.

Here are some of the things you'll learn in this book:

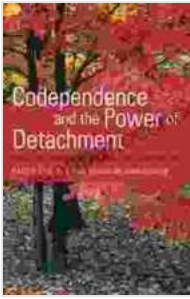
- How to identify your boundaries
- How to communicate your boundaries to others
- How to enforce your boundaries
- How to deal with difficult people and situations
- How to set boundaries in all areas of your life, including work, relationships, and personal time

If you're ready to take control of your life and live on your own terms, then this book is for you.

Free Download your copy of "How To Set Boundaries And Make Your Life Your Own" today!

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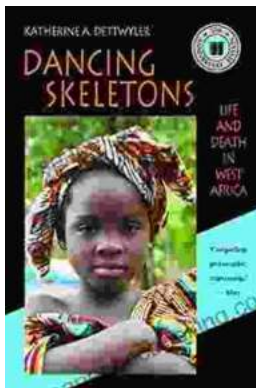


Author of Each Day a New Beginning and Let Go Now)

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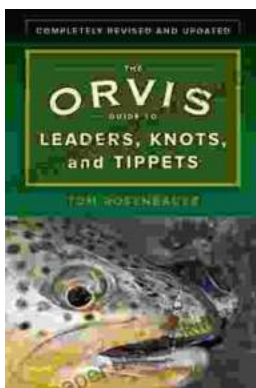
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