

# HEALTHY BOUNDARIES



How To Say No Without Feeling Guilty  
So That You Can Take Control of Your  
Life Instead of Life Controlling You

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# INTRODUCTION

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In order to protect their property, homeowners put up fences. This often discourages intruders from entering or destroying the land and home. Since this practice is seen in all cultures and histories, fencing your property is a great way to ensure that people don't damage or intrude on your home.

If you are willing to protect your physical property by putting up fences, why are you not willing to put up boundaries to protect yourself? Boundaries are invisible fences for your emotional, mental, and physical wellbeing. If you do not set up boundaries, people can easily infringe on your rights and make you feel disrespected.

Unfortunately, many people are clueless about how to set up boundaries and feel that setting boundaries makes them a bad person. This could not be further from the truth. In contrast, setting boundaries allows you to be better respected and creates healthier and happier relationships with those around you.

In this guide, we're going to look at the key factors for setting healthy boundaries. We begin by defining boundaries and learning how to set them. Then, we look at boundaries within your dating life, family, work, and yourself. After that, we address people who resist your boundaries and learn how to measure the success of your boundaries.

Let's get started.