



USE BOUNDARIES
WITH PARENTS

LEARN HOW TO
SET BOUNDARIES
WITH YOUR CHILDREN

APPLY BOUNDARIES
TO YOUR WIDER FAMILY

BOUNDARIES:
YOUR FAMILY
AND OTHER ANIMALS

JENNIE MILLER AND
VICTORIA LAMBERT



Jennie Miller

**Boundaries: Step Four: Your
Family and other Animals**

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Do you often feel you can't say no? Are you spread too thin between your relationships and your responsibilities? Is there never time to do the things that really matter to you? There is a solution to this very modern chaos: boundaries. It's undeniable that setting clear boundaries in our relationships and families, our home and our workplace would improve life for everyone in this fast-moving world. But where do you start? Boundaries offers hands-on practical exercises, case studies and lessons on personal boundaries, families and the real shape of healthy relationships and friendships. It gives you the perfect tools to develop good habits in all areas of your life: from sleep and eating to dating and social media use. Dive into this groundbreaking four part programme and you will begin to develop the right personal boundaries to find a life that nourishes and fulfils you, and hands control of your life back to you — once and for all. This part will teach you how to use boundaries in connection with those who shaped you first: your parents or other caregivers in particular, before gathering the skills you need to bring up your own children and interact with your wider family: - Parents/Elders- Children- Adolescents- Blended Families- Siblings These books can be read individually or as a series in any order. Jennie Miller MSc is a Transactional Analysis psychotherapist, trainer and relationship expert with 20 years' experience. Victoria Lambert is an award-winning journalist on health and wellbeing issues.

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Boundaries

Step Four: Your Family and Other Animals

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STEP FOUR: YOUR FAMILY AND OTHER ANIMALS

Possibly the most challenging section, in this step you will learn how to use boundaries in connection with those who shaped you first: your parents or other caregivers in particular, before gathering the skills you need to bring up your own children and interact with your wider family.

Parents/Elders

Children

Adolescents

Blended Families

Siblings

APPENDIX 1

Transactional Analysis: An Overview

APPENDIX 2:

Strokes

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Конец ознакомительного фрагмента.

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