



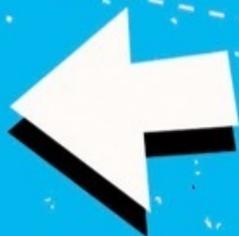
APPLY BOUNDARIES TO  
YOUR EMOTIONAL LIFE

DEAL WITH  
FRIENDS AND FRENEMIES

UNDERSTAND THE  
LIMITS OF LOVE

# BOUNDARIES: LOVE AND INTIMACY

JENNIE MILLER AND  
VICTORIA LAMBERT



Jennie Miller

**Boundaries: Step Three:  
Love and Intimacy**

«HarperCollins»

## **Miller J.**

Boundaries: Step Three: Love and Intimacy / J. Miller —  
«HarperCollins»,

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 apply boundaries to your emotional life. It will cover:- Love Limits- Staying in Love- Love Leaving- Looking for Love- Friends and Frenemies 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.

# Содержание

CONTENTS	6
Конец ознакомительного фрагмента.	7

Boundaries  
Step Three: Love and Intimacy  
Jennie Miller and Victoria Lambert



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## CONTENTS

[Cover](#)

[Title Page](#)

[Copyright](#)

[An Introduction to Boundaries](#)

**STEP THREE: LOVE AND INTIMACY**

*Having learnt to negotiate your position in the workplace, now's the time to apply boundaries to your emotional life.*

Love Limits

Staying In Love

Love Leaving

Looking For Love

Friends and Frenemies

**APPENDIX 1**

Transactional Analysis: An Overview

**APPENDIX 2:**

Strokes

**Acknowledgements**

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## **Конец ознакомительного фрагмента.**

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