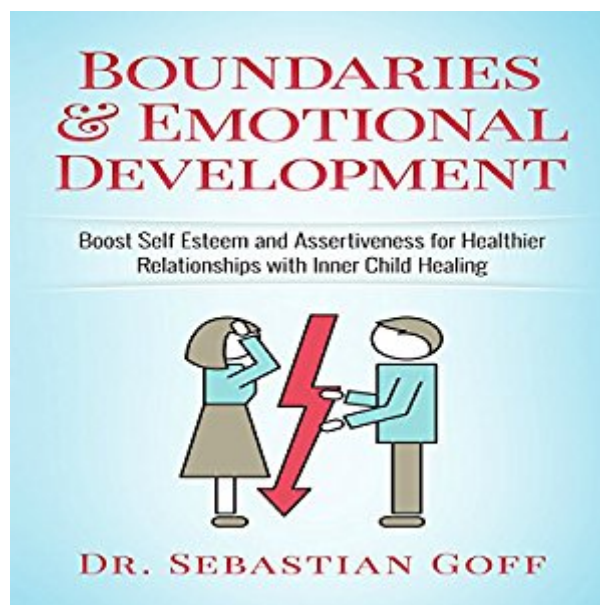




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Boundaries & Emotional Development: Boost Self-Esteem & Assertiveness For Healthier Relationships With Inner Child Healing



Synopsis

Do you tend to struggle in personal or professional relationships? Do you find it difficult preventing others from walking all over you? Or do you simply feel that people don't treat you with enough respect? If so, then it is likely that you have trouble establishing functional boundaries with the people in your life. Healthy boundaries allow us to enjoy relationships and connect with others in a harmonious way. They also serve to protect us and let other people know how we want to be treated. Unfortunately, many of us do not learn about setting boundaries and how to be assertive during childhood. This is often due to a dysfunctional upbringing which leaves wounds upon our inner child. This book will inform the listener of the basis of boundary setting, through visiting their past, healing it, and finally moving beyond. This will be achieved by demonstrating how to develop emotionally by improving self-esteem, which is a necessity for a healthy personality. With the information presented you will be able to begin setting healthier boundaries in all areas of life including family, work, and intimate relationships. You will learn exactly how to: Develop functional boundaries Deal with difficult people Boost self-esteem Heal your past Heal your inner child Emotionally heal Gain assertiveness Improve relationships Develop emotionally Once you learn these vital life skills, your world begins to open up and your connection to others becomes more authentic. If you want more from life and would love to find more fulfillment in your relationships, listen to this book.

Book Information

Audible Audio Edition

Listening Length: 2 hours and 12 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Sebastian Goff

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Audible Audiobooks > Religion & Spirituality > Islam #48 in Books > Health, Fitness & Dieting > Mental Health > Codependency

Customer Reviews

This more seemed like a generalized overview. I was actually glad to finish it. Perhaps it just wasn't

my cup of tea.

Its an ok book, it might be helpful to newbies but I already knew eveything in this book

I'm sure this is a fine book. It is not accessible to my level of education. Very dry.

Great book. I really needed this read. Never hurts to check your boundaries and it's well written, not complicated.

I found several errors but it was an overall decent read. Not too in-depth but again it was simply adequate.

When it comes to self-development, it is never too much of reading for me since I truly feel these motivational books help me so much and this book was just another great read in my collection. It's short but more than helpful and inspiring. I especially enjoyed the strategies on boosting self esteem!

A good book on self-esteem with some good practical tips. The book is focused on healing one's inner child on the one hand and developing your emotional self on another hand. The book is well written and structured. I recommend it to anyone interested on the subject.

This book has helped me a lot in making a good relationship not only with people close to me but also at work. Such an eye-opener and life- changing experience to learn things like this. Highly recommended!

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