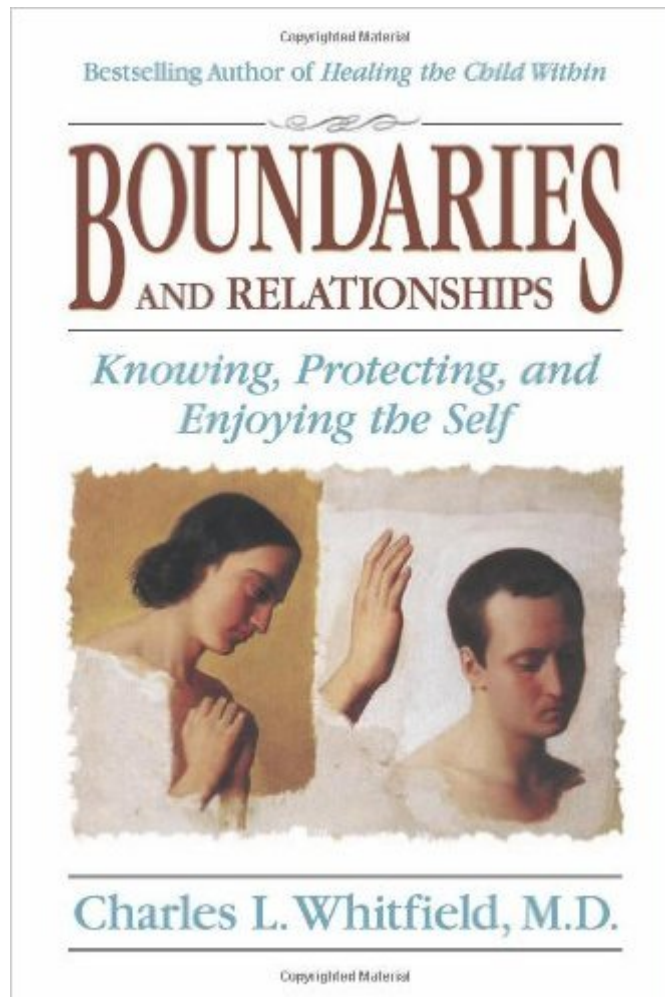


The book was found

# Boundaries And Relationships: Knowing, Protecting And Enjoying The Self



## Synopsis

More than personal boundaries, this book is really about relationships--healthy and unhealthy ones. Here bestselling author and psychotherapist Charles Whitfield blends theories and dynamics from several disciplines into practical knowledge and actions that you can use in your relationships right now. This comprehensive book opens with clear definitions and descriptions of boundaries, a self-assessment survey and a history of our accumulated knowledge. Going deeper, it describes the 10 essential areas of human interaction wherein you can improve your relationships. These include age regression, giving and receiving (projection and projective identification), triangles, core recovery issues, basic dynamics, unfinished business and spirituality. It shows in countless practical ways how knowledge of each of these is most useful in your recovery and everyday life.

## Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (71 customer reviews)

Best Sellers Rank: #32,201 in Books (See Top 100 in Books) #45 in [Books > Health, Fitness & Dieting > Mental Health > Codependency](#) #278 in [Books > Parenting & Relationships > Marriage & Adult Relationships](#) #349 in [Books > Self-Help > Relationships > Interpersonal Relations](#)

## Customer Reviews

A very transforming wealth of information. This book gave me so much insight into the behavior of others and what makes them compatible or not. Understanding the way healthy and good relationships work gives you so much insight into those that are not. We have experienced so much "triangling" in relationships over the past nine years that we now have the ability to put these unhealthy and caustic relationships to rest and not be concerned about why they did not work any longer. The "triangling" concept shared in the book was new information, extremely enlightening as to why some relationships will never work. "Too many" people involved. The "triangling" often involves lies, accusations and malicious gossip, enlisting others to join in on their vendetta to hurt and inflict pain because of the imaginary thoughts the unsafe people share with so many.

"TRIANGLING" is unhealthy for all involved. It involves talking about someone who is not there, it's also gossip or an act of creating prejudice against the missing person. Some people never change and will always remain incompatible to you because they are not safe or supportive and never will be. The book goes into detail about why this occurs and is excellent and easy to comprehend and understand. I am sharing a few of my favorite life changing revelations for the book...Page 102, 103 Relationships....SAFE....We should be able to trust them to be real with us and to have most of the characteristics of safe people, safe people tend to listen to you and hear you. They accept the real you and validate your experiences and other material that you may tell them about your inner life. They are clear and honest with you and nonjudgmental of you. Their boundaries are also appropriate and clear.

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