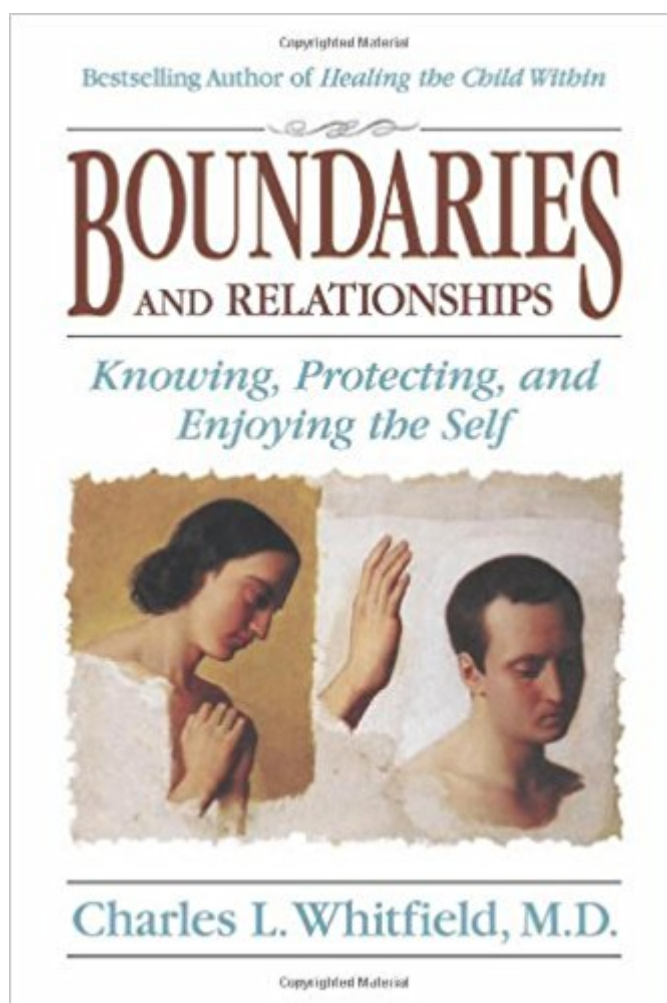


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# Boundaries And Relationships: Knowing, Protecting And Enjoying The Self



## 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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## Customer Reviews

Charles L. Whitfield, M.D., is a psychotherapist in private practice in Atlanta. He is a nationally known speaker and a bestselling author.

This book helped me understand how boundaries work in multiple ways. We can have weak boundaries and allow others to invade our space and ask too much of us, but we can also have permeable or unhealthy boundaries by expecting too much of others -- by doing this we invade THEIR boundaries, even in small ways. I had always tended to think of boundaries in terms of the first definition, in other words, I saw many instances in my life where I accommodated or enabled

people and didn't take steps to keep my own space sacred. This book helped me see that I had also transgressed in interesting ways by wanting others to fulfill certain expectations I had of them, which led to disappointment and resentment (in myself, mainly -- but probably also contributed to a less-than-ideal relationship). Reading the book had the unexpected effect of making me respect both myself AND others more. There's a quiz-like personal assessment at the beginning of the book to which the author frequently refers, and it's very helpful in making the various chapters personally relevant to the reader. I recommend the book.

Reads like a bad text book, or book report. Many, many, many better books on boundaries out there for consumers. Found the terminology, structure, and layout confusing at best. The author's repeated references to their other books was annoying, and frequent citations of others' works distracting and unnecessary. Nothing presented in the first third of the book (as far as I could get before I started looking into whether I even COULD return an ebook) was novel or even interesting. I have very, very rarely not read a book to the end and this one is on that list. Better spend your \$9.10 elsewhere.

Very, Very, Very Helpful book. Reads like a textbook so you need time to concentrate, but this book really offered life changing advice (which I don't say lightly). This is one of those books that you read and realize that you are not alone. You realize that someone else has figured their way out of the tangle of confusion that you have found yourself in, and they know the way out! Very comforting and encouraging! I am very grateful that this book crossed my path. Very insightful!

My therapist recommended I read this book for clarity on boundaries after ending a codependent 10 year relationship. This book really brought so many issues to the fore for me. The author uses a series of diagrams and lists to delineate what can otherwise seem a murky label. I mean, on reading other books on the subject, I've asked myself who isn't a codependent in modern American society? He even gets at the subconscious manipulation enacted on someone who's in a codependent relationship which is so hard to grasp, normally. While the book is lengthy, I'm still finishing the last chapter and I read self- help books before I go to bed, it's crammed with information the reader can reference again and again. This book has helped, along with my therapist, in boundary making in many of my relationships. If you have any of these issues, I highly recommend your reading this book.

This book is for the person whose mom and dad only told them about the birds and bees.... and nothing about how to be social without getting the crap beat out of you emotionally. If you can't explain boundaries, when to use them, what types there are, and how to have good relationships, then you may want to read this. I thought it was great.

Has some really good information, but the author is speaking psych-ese part of the time. More theoretical than practical. The theoretical information helps you understand why some people seem to breach other people's boundaries. But short on practical advice on how to keep boundary breachers in check. The thing I liked the best in this book was a long check list of the areas where people have boundaries that can be violated. On the list was clothes. When I was growing up, my sister frequently took my clothes without asking. I had always been mad at her for doing that when we were growing up. Now I see that behavior for exactly what it was. I think going through the "list" and thinking back on your own life is a good exercise. It helps you see where your boundaries have been violated in the past or perhaps the present.

Dr. Whitfield has written a comprehensive book on recognizing, setting and maintaining boundaries. There is information about how boundaries are violated, what it might feel like to the individual and how to get your boundaries back and keep them. "Boundaries" is filled with compassionate insights for those who have experienced childhood trauma, become codependent and want to break free and reclaim their soul, body, and spirit. Enlightening and informative. I learned a lot and much of the content hit home.

This book has great insight explaining complicated relationships. I learned a lot about boundaries and codependency, and so on.

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