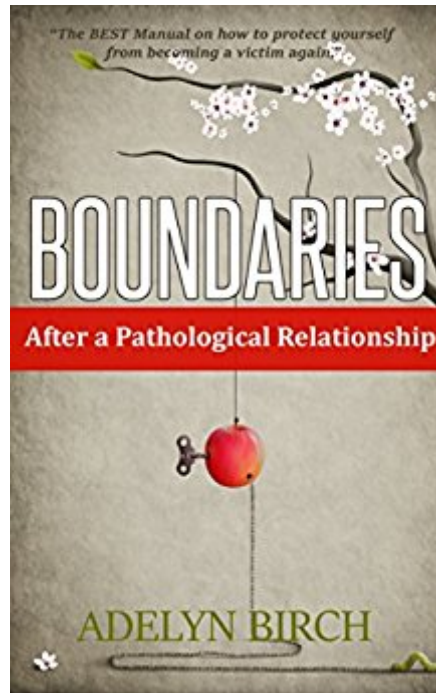


The book was found

Boundaries After A Pathological Relationship



Synopsis

This book is small, but mighty. If you were involved in a pathological relationship -- or you want to prevent it from happening in the first place -- this book is for you. It gets to the heart of the matter of personal boundaries. Identifying and setting clear boundaries is vital for survivors and for anyone who wants to become more confident, improve relationships, and prevent victimization. When you create boundaries you take a stand for yourself and your life, and you communicate your worth to others in a real and practical way. This concise and powerful book is filled with practical wisdom and useful tips. It will walk you through the process of creating boundaries from start to finish. You get to decide how you want to live. Find your courage. Live in an authentic way. Protect yourself and what's important to you. Gain self respect and the respect of others. Boundaries will help you do all of these things. "The BEST Manual on how to protect yourself from becoming a victim again - I know the subject too well... I am going to recommend it to the facilitators in the divorce support group I am attending." "This small book was full of tons of useful information. I don't usually write in my books, but my copy of Boundaries has underlining on almost every page. I was really glad I bought it." "Excellent Book for Individual, Group or Use in Therapy. A very well written book by an author who has a firm grip on abusers and their cunning ways. Excellent description on what boundaries are, why they are needed and what they can do for the holder of the newly created list of personal boundaries. This book if studied and put into practice could protect many from the narcissists, sociopaths and psychopaths in all areas of one's life. It would lend exceptional protection in the area of dating. It would protect a person from repeating the selection of another abuser if a past relationship was abusive. Highly recommend!" "Super Helpful: Make And Keep Your Boundaries. This is a really well written book. I found her tips for discovering, recording and keeping your personal boundaries extremely helpful." "My eyes have seen the light. How I wish I would have read this book years ago." "Worth your time! Well written, clear, and concise. So thankful I came across this quick, but powerful read. Having separated myself from an 8 year long destructive marriage, and reading many, many books on the topic, I so appreciate the wisdom I found in this writing. I feel empowered once more! Easily rated at 5 stars."

Book Information

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Customer Reviews

This book was helpful in helping me understand what healthy boundaries looked like. If I had them and realized the importance of using them, I would have been protected from the Spath that I allowed into my life. But, I also wouldn't have my daughter or be the woman that I am today. Great book on boundaries or "rules" and how to create and enforce them. But most importantly it brings about the understanding that you will never know if a guy cares for you unless you give him boundaries so he can prove to you he does. How will you know he cares? He'll follow your rules.

This book is a must read for anyone who has been or suspects they have been abused by a psychopath, sociopath, or a narcissist. It's a sad club to join, but books like these are necessary for your healing. It is scary how similar my story is to the stories of all other survivors. This book is so helpful and accurate. You must set boundaries and get away from those abusers! Good luck, everyone. Read this book!

This will take you a day to read and will change your point of view. I am a person who always looks for the good in others. I stubbornly thought that would give me a magic power. Not true. The world is how it is. People are people. Some weaker than others and as the book said more than willing to take, take and take some more. Develop yourself, your senses and boundaries to filter out the good ones. Read this book!

AB Admin hits the nail on the head about psychopaths in relationships. AB is blunt for there is no other way to discuss such a destructive being. My absolute favorite line is "No one is a good judge of character" ... Thinking you are is an illusion. I thought I was too until I was married a narcissist for 20 yrs. and wondered how I misjudged his character. Now I am trusting what I see instead of thinking I already know. Remember behavior speaks louder than words. Thanks AB for putting the behaviors of psychopaths into words.

How I wish I would have read this book years ago. But no regrets. Even though it took years, I left a pathological relationship. The material in this book, all along, were my gut feelings and describes it to a "T", but I could not reach myself. I had lost myself, lost my control. But poor anyone that tries that again. ^œ

I have come to realize that I have been dealing with Narcissists all my life. I have been married to two and had relationships with 3 others. Outside my "love life" I have had to deal with Narcissistic personalities who have tried to destroy my business and my future. My "name" was chosen because I have survived them all (and cancer). This book, which I read in a couple of hours, is the most straight forward manual I have ever seen on how to avoid being a victim of a Narcissistic personality in a romantic relationship. I escaped my last brief encounter with a Narcissist because I had begun to set boundaries on my own. Having read this book, I will follow the suggestions presented in the later chapter and write down my boundaries. Thank you AB Admin for writing this book. I am going to recommend it to the facilitators in the Divorce support group I am attending.

As the author of "The Secret Life of Captain X: My Life with a Psychopath Pilot" • I didn't know what to expect reading "Boundaries: Loving Again Loving Again After a Pathological Relationship." • Although the book is quite short and to the point, it's filled with good common sense guidance geared at those who have endured a relationship with an anti personality disordered person. It's difficult to start over in life at any stage, but after a pathological relationship, it's extremely difficult. The message is clear. We must have special boundaries and stick to them. I recommend this book, so we can get on with our lives after we have endured the unthinkable.

i used to think that i wasnt understanding life challenges when i was reading other

self-help/Psychology/new age books after every book there was more need to buy another book so the situation could be understood which never happened. all those books made me chase my tail, waste time/money & doubt my self instead of doubting the books that it had no substance to begin with. unlike those majority of the popular books on the similar subject Admin ABs BOUNDARIES book simply & quickly made me understand the root/ cause of the issue with the clearest & simplest sentences. WHENEVER & WHATEVER YOU READ FROM ADMIN AB, YOU WILL UNDERSTAND & FIX THE PROBLEM RIGHT THERE & THEN FOREVER. BASICALLY IT TEACHES HOW TO FISH WITHOUT ANY CONFUSIONS & SELF DOUBT. After about a decade or so finally immediately after reading this book i was able eliminate my boundary issues for good! 80 % of the book is underlined & filled with countless AHA moments. TO UNDERSTAND IS TO BE FREE

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