

Read Book Boundaries How To
Draw The Line In Your Head
Heart And Home

***Boundaries How To
Draw The Line In Your
Head Heart And Home***

**Do you put family photos
on your desk at work? Are**

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**your home and work keys on
the same chain? Do you
keep one all-purpose
calendar for listing home
and work events? Do you
have separate telephone
books for colleagues and**

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friends? In Home and Work,
Christena Nippert-Eng
examines the intricacies
and implications of how we
draw the line between home
and work. Arguing that
relationships between the

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two realms range from those that are highly "integrating" to those that are highly "segmenting," Nippert-Eng examines the ways people sculpt the boundaries

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**between home and work.
With remarkable
sensitivity to the
symbolic value of objects
and actions, Nippert-Eng
explores the meaning of
clothing, wallets, lunches**

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**and vacations, and the
places and ways in which
we engage our family,
friends, and co-workers.
Commuting habits are also
revealing, showing how we
make the transition**

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**between home and work
selves though ritualized
behavior like hellos and
goodbyes, the consumption
of food, the way we dress,
our choices of routes to
and from work, and our**

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**listening, working, and
sleeping habits during
these journeys. The ways
each of us manages time,
space, and people not only
reflect but reinforce
lives that are more**

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**"integrating" or
"segmenting" at any given
time. In clarifying what
we take for granted, this
book will leave you
thinking in different ways
about your life and work.**

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**With their rapidly
changing architecture and
API-driven automation,
cloud platforms come with
unique security challenges
and opportunities. This
hands-on book guides you**

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**through security best
practices for multivendor
cloud environments,
whether your company plans
to move legacy on-premises
projects to the cloud or
build a new infrastructure**

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from the ground up.

**Developers, IT architects,
and security professionals
will learn cloud-specific
techniques for securing
popular cloud platforms
such as Amazon Web**

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**Services, Microsoft Azure,
and IBM Cloud. Chris
Dotson—an IBM senior
technical staff
member—shows you how to
establish data asset
management, identity and**

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**access management,
vulnerability management,
network security, and
incident response in your
cloud environment.**

**When you were born you
took deep breaths right**

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away. You proceeded to accomplish truly complicated things: you learned to talk and walk and write. Language is complex and daunting and you did it. You already

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**come equipped to be good
at many things. The
ability to pick them up is
part of your original
composition. Trust that.
Do you feel like you're a
"pushover"? Do you let**

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**other people make all the
plans--letting them pick
the movie, the restaurant,
or the vacation
destination? Does self-
care feel selfish to you?
And do you find yourself**

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feeling resentful toward others because they don't seem to take your needs into consideration? Can you relate? If the answer is yes, this is the book for you! In this book,

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master coach, speaker, and author Nancy Levin will help you establish clear and healthy boundaries. This isn't easy; many of us don't want to "rock the boat." We assume setting

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boundaries will lead to conflict. And, unfortunately, by avoiding conflict and not setting limits, we tend to choose long-term unhappiness instead of short-term

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discomfort. This book includes exercises and practical tools to help even the most conflict-averse, people-pleasing readers learn new habits. You'll learn how to

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**recognize and take
inventory of your
boundaries, view your
boundaries differently by
creating a Boundary
Pyramid, learn how to say
"no" effectively, and set**

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**your Bottom-Line Boundary.
As your supportive guide,
Nancy will show you how to
gather the courage to live
a life of "boundary
badassery." "This work was
life-changing for me, and**

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**if you're someone who has
avoided boundaries for
years, it can change your
life, too." -- Nancy Levin
The Dignity of Working Men
Home and Work
Boundary Boss**

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**Rethink Perfect
Drawing Boundaries
Drawing the Boundaries of
Meaning
And Why No One Else Can
Save You
The Stepmom's Book of**

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Boundaries

Over the past decade, 24/7 connectivity has given us not only convenience and fun but worries about privacy, interruptions while working or trying to enjoy family or other downtime, and new

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compulsions — from shopping to tweeting and cute-cat watching. Anne Katherine, one of the authors who brought boundary setting to a mass audience, has now written a book on how to set healthy boundaries with technology. The

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first of its kind, this resource doesn't suggest anyone go “ cold turkey. ” Instead, it helps people make social media, smart phones, and other innovations work for, rather than against, them. Readers learn to protect themselves online

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in every way — from predators and data mining as well as time-devouring friends and acquaintances — with an emphasis on preserving and optimizing meaningful personal connections. Anyone who has ever wondered if

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their cute little gadget was actually an enemy invader will welcome Katherine's strategies for ensuring “ that your life is truly your own. ” Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal

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property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. Boundaries impact all areas of our lives: Physical boundaries help us determine who

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may touch us and under what circumstances -- Mental boundaries give us the freedom to have our own thoughts and opinions -- Emotional boundaries help us to deal with our own emotions and disengage from the harmful,

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manipulative emotions of others -- Spiritual boundaries help us to distinguish God's will from our own and give us renewed awe for our Creator -- Often, Christians focus so much on being loving and unselfish that they forget their own limits

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and limitations. When confronted with their lack of boundaries, they ask: - Can I set limits and still be a loving person? - What are legitimate boundaries? - What if someone is upset or hurt by my boundaries? - How do I answer

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someone who wants my time, love, energy, or money? - Aren't boundaries selfish? - Why do I feel guilty or afraid when I consider setting boundaries? Dr. Henry Cloud and Dr. John Townsend offer biblically-based answers to these

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and other tough questions, showing us how to set healthy boundaries with our parents, spouses, children, friends, co-workers, and even ourselves. More than personal boundaries, this book is really about

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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 your

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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

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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,

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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.

History texts studied by students in schools are an important field for

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drawing boundaries between nations, beliefs, ethnic groups and countries, sometimes causing disputes and protests. Even in the democratic and peaceful Nordic countries, history texts carry a message of authorized content

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knowledge and situated values. At the same time, they are meant to foster the critical mind, a skillfull eye and a tolerant spirit. In this volume, scholars from Denmark, Finland, Iceland, Norway and Sweden explore the question of "Us

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and the Others" in Nordic textbooks and educational media and focus on teachers' opinions and use of history texts, partly based on a survey among Nordic history teachers in elementary and secondary schools. The questions

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dealt with are of national identity and multiculturalism, sameness and difference, content and pedagogy, skills and values, goals of history education and teachers' situations. The scholars and teachers compare the educational

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and societal aims with the actual teaching materials at hand. The potentialities and limitations of textbooks and other educational media are investigated and discussed.

A CBT-Based Program to Help You

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Set Limits, Express Your Needs,
and Create Healthy Relationships
Negotiating Boundaries through
Everyday Life

Cairns

Practical Cloud Security

How and Where to Draw the Line -

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for a Happier, Healthier Stepfamily
Raising Emotional Intelligence in
Ourselves and Our Kids--from
Toddlers to Teenagers
Work, Households, and Gender in
China
Better Boundaries

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Drawing Your Line: Setting Boundaries Step-by-Step is a manual for developing the self-respect and empowerment that ultimately allows for the setting of healthy boundaries in various arenas of life. This process involves learning to find, respect, and use your voice to take control of your

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life. Inspired by their work as life coaches working with women, the authors share their personal successes and failures with setting boundaries to inspire you to make healthy changes in your own life. Chock-full of helpful reflection questions to elicit real growth and self-awareness, this book guides

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you through a "coaching" experience to help you understand where your boundary tendencies come from and how to make healthy shifts toward a life of freedom and peace. Setting boundaries is not an act of aggression, but rather, an act of self-empowerment through self-love.

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One of the most lively and contentious issues in contemporary linguistic theory concerns the elusive boundary between semantics and pragmatics, and Professor Laurence R. Horn of Yale University has been at the center of that debate ever since his groundbreaking 1972 UCLA

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dissertation. This volume in honor of Horn brings together the best of current work at the semantics/pragmatics boundary from a neo-Gricean perspective. Featuring the contributions of 22 leading researchers, it includes papers on implicature (Kent Bach), inference

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(Betty Birner), presupposition (Barbara Abbott), lexical semantics (Georgia Green, Sally McConnell-Ginet, Steve Kleinedler & Randall Eggert), negation (Pauline Jacobson, Frederick Newmeyer, Scott Schwenter), polarity (Donka Farkas, Anastasia Giannakidou, Michael Israel), implicit

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variables (Greg Carlson & Gianluca Storto), definiteness (Barbara Partee), reference (Ellen Prince, Andrew Kehler & Gregory Ward), and logic (Jerrold Sadock, Francis Jeffry Pelletier & Andrew Hartline). These original papers represent not only a fitting homage to Larry Horn, but also an

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important contribution to semantic and pragmatic theory.

Michèle Lamont takes us into the world inhabited by working-class men--the world as they understand it.

Interviewing black and white working-class men who, because they are not college graduates, have limited access

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to high-paying jobs and other social benefits, she constructs a revealing portrait of how they see themselves and the rest of society. Morality is at the center of these workers' worlds. They find their identity and self-worth in their ability to discipline themselves and conduct responsible but caring

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lives. These moral standards function as an alternative to economic definitions of success, offering them a way to maintain dignity in an out-of-reach American dreamland. But these standards also enable them to draw class boundaries toward the poor and, to a lesser extent, the upper half.

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Workers also draw rigid racial boundaries, with white workers placing emphasis on the "disciplined self" and blacks on the "caring self." Whites thereby often construe blacks as morally inferior because they are lazy, while blacks depict whites as domineering, uncaring, and overly

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disciplined. This book also opens up a wider perspective by examining American workers in comparison with French workers, who take the poor as "part of us" and are far less critical of blacks than they are of upper-middle-class people and immigrants. By singling out different "moral offenders"

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in the two societies, workers reveal contrasting definitions of "cultural membership" that help us understand and challenge the forms of inequality found in both societies.

Only when you and your mate know and respect each other's needs, choices, and freedom can you give

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yourself freely and lovingly to one another. Boundaries in Marriage gives you the tools you need. Drs. Henry Cloud and John Townsend, counselors and authors of the award-winning bestseller Boundaries, show you how to apply the principles of boundaries to your marriage. This book helps you

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understand the friction points or serious hurts and betrayals in your marriage -- and move beyond them to the mutual care, respect, affirmation, and intimacy you both long for.

*The Upside of Uncertainty
Self-Ownership, Property Rights, and
the Human Body*

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*Confident Parents, Confident Kids
Setting Limits to Preserve Your Focus,
Privacy, Relationships, and Sanity
A Legal and Philosophical Analysis
Neo-Gricean studies in pragmatics and
semantics in honor of Laurence R.
Horn
History Texts in Nordic Schools. E-*

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BOOK

Experiments in the Digital Humanities

How ought the law to deal with novel challenges regarding the use and control of human biomaterials? As it stands the law is ill-equipped to deal with

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***these. Quigley argues that
advancing biotechnology means
that the law must confront and
move boundaries which it has
constructed; in particular, those
which delineate property from
non-property in relation to***

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biomaterials. Drawing together often disparate strands of property discourse, she offers a philosophical and legal re-analysis of the law in relation to property in the body and biomaterials. She advances a

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new defence, underpinned by self-ownership, of the position that persons ought to be seen as the prima facie holders of property rights in their separated biomaterials. This book will appeal to those interested in

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***medical and property law,
philosophy, bioethics, and health
policy amongst others.
How you set boundaries with
your teens is among the most
important aspects of your parent-
child relationship. Unfortunately,***

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this ability does not come automatically with parenthood. Here Jane Bluestein, a former teacher and counselor, looks at 20 relationship-building techniques all parents can use to set limits with their teens. You'll

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***learn the essential arts of loving,
motivating, accepting,
negotiating, respecting,
acknowledging, communicating,
supporting, empowering,
trusting . . . and much more.
These practical strategies for***

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boundary setting will enable you to avoid conflict, resolve problems and establish a foundation of mutual love and respect. As a result of learning to set healthy boundaries, you may actually begin to enjoy your

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children's teen years!

***With growing anxiety about
American identity fueling
debates about the nation's
borders, ethnicities, and
languages, Crossing Borders,
Drawing Boundaries provides a***

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timely and important rhetorical exploration of divisionary bounds that divide an Us from a Them. The concept of “border” calls for attention, and the authors in this collection respond by describing it,

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***challenging it, confounding it,
and, at times, erasing it.***

***Motivating us to see anew the
many lines that unite, divide, and
define us, the essays in this
volume highlight how discourse
at borders and boundaries can***

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***create or thwart conditions for
establishing identity and
admitting difference. Each
chapter analyzes how public
discourse at the site of physical
or metaphorical borders
presents or confounds these***

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conditions and, consequently, effective participation—a key criterion for a modern democracy. The settings are various, encompassing vast public spaces such as cities and areas within them; the rhetorical

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***spaces of history books,
museum displays, activist
events, and media outlets; and
the intimate settings of
community and classroom
conversations. Crossing
Borders, Drawing Boundaries***

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shows how rich communication can be when diverse cultures intersect and create new opportunities for human connection, even while different populations, cultures, age groups, and political parties

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adopt irreconcilable positions. It will be of interest to scholars in rhetoric and literacy studies and students in rhetorical analysis and public discourse.

Contributors include Andrea Alden, Cori Brewster, Robert

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***Brooke, Randolph Cauthen,
Jennifer Clifton, Barbara
Couture, Vanessa Cozza, Anita
C. Hernández, Roberta J. Herter,
Judy Holiday, Elenore Long,
José A. Montelongo, Karen P.
Peirce, Jonathan P. Rossing,***

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***Susan A. Schiller, Christopher
Schroeder, Tricia C. Serviss,
Mónica Torres, Kathryn
Valentine, Victor Villanueva, and
Patti Wojahn.***

***From the creator of the popular
website Ask a Manager and New***

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York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten

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years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly

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helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone

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***in an email then hit “reply all” •
you’re being micromanaged—or
not being managed at all • you
catch a colleague in a lie • your
boss seems unhappy with your
work • your cubemate’s loud
speakerphone is making you***

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homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others

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***are not) and that communicating
in a straightforward manner with
candor and kindness will get you
far, no matter where you
work.”—Booklist (starred review)
“The author’s friendly, warm, no-
nonsense writing is a pleasure to***

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read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library

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Journal (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so

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with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide “Ask a Manager is the ultimate playbook for navigating the traditional

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***workforce in a diplomatic but
firm way.”—Erin Lowry, author of
Broke Millennial: Stop Scraping
By and Get Your Financial Life
Together
How to Draw the Line
Drawing Your Line***

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***When To Say Yes, How to Say No
Setting Boundaries Step by Step***

***Investing in Park Futures: Park
boundaries: where we draw the
line***

***Architectural Images in Qing
China***

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***Setting Boundaries Will Set You
Free***

***Morality and the Boundaries of
Race, Class, and Immigration***

Download the first section from
Cairns now. (Provide us with a
little information and we'll send

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the free section directly to your inbox!) Praise for author David B. Williams: "Makes stones sing"
--Kirkus Reviews "Williams's lively mixture of hard science and piquant lore is sure to fire the readers' curiosity"

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--Publisher's Weekly *Part
history, part folklore, part
geology * Features charming
black-and-white illustrations
From meadow trails to airy
mountaintops and wide open
desert, cairns -- those seemingly

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random stacks of rocks -- are surprisingly rich in stories and meaning. For thousands of years cairns have been used by people to connect to the landscape and communicate with others, and are often an essential guide to

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travelers. Cairns, manmade rock piles can indicate a trail, mark a grave, serve as an altar or shrine, reveal property boundaries or sacred hunting grounds, and even predict astronomical activity. The Inuit

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have more than two dozen terms to describe cairns and their uses! In *Cairns: Messengers in Stone*, geologist and acclaimed nature writer David B. Williams (*Stories in Stone: Travels through Urban Geology*) explores the history of

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cairns from the moors of Scotland to the peaks of the Himalaya -- where they come from, what they mean, why they're used, how to make cairns, and more. Cairns are so much more than a random pile of

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rocks, knowing how to make cairns can drastically alter the meaning of the formation. Hikers, climbers, travelers, gardeners, and nature buffs alike will delight in this quirky, captivating collection of stories about cairns.

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The author of Where to Draw the Line defines interpersonal boundaries, explains why they should not be crossed, and explains how to avoid having one's personal boundaries violated. Reissue.

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Break Free From Over-
Functioning, Over-Delivering,
People-Pleasing, and Ignoring
Your Own Needs So You Can
Finally Live the Life You
Deserve! Most of us were never
taught how to effectively express

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our preferences, desires or deal-breakers. Instead, we hide our feelings behind passive-aggressive behavior, deny our own truths, or push our emotions down until we get depressed or so frustrated that we explode,

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potentially destroying hard-won trust and relationships. The most successful and satisfied people on the planet have one thing in common: the ability to create and communicate clear, healthy boundaries. This ability is, hands

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down, the biggest game changer when it comes to creating a healthy, happy, self-determined life. In Boundary Boss, psychotherapist Terri Cole reveals a specific set of skills that can help you stop

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abandoning yourself for the sake of others (without guilt or drama) and get empowered to consciously take control of every aspect of your emotional, spiritual, physical, personal, and professional life. Since becoming

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a Boundary Boss is a process, Cole also offers actionable strategies, scripts, and techniques that can be used in the moment, whenever you need them. You will learn: How to recognize when your boundaries

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have been violated and what to do next How your unique "Boundary Blueprint" is unconsciously driving your boundary behaviors, and strategies to redesign it Powerful boundary scripts so in the

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moment you will know what to say How to manage “Boundary Destroyers”—including emotional manipulators, narcissists, and other toxic personalities Where you fall on the spectrum of codependency and how to create

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healthy, balanced relationships
This book is for women who are
exhausted from over-giving,
overdoing, and even over-
feeling. If you're getting it all
done but at the expense of
yourself, give yourself the gift of

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Explores the creation and adjustment of effective personal boundaries, including identifying false beliefs, embracing purpose, and making good choices
A Guide to Reclaiming Yourself

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Six Steps to SANITY for
Challenging Relationships
Owning and Treasuring Your Life
Crossing Borders, Drawing
Boundaries
Boundaries in Marriage
A Guide for Secure Design and

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Deployment

The Narcissist in Your Life

Re-Drawing Boundaries

What's missing in your stepfamily? If you're in a stepfamily, you may feel as if something is missing. You can't put it into words yet, but you know it's a

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problem. Maybe you're new to this. Maybe not. Still, everything from badly-behaved exes to parenting rifts causes squabbling that disrupts the harmony in your home. The Stepmom's Book of Boundaries helps you thrive despite rocky relationships, schedule snafus, and more. Stepmom Magazine

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Contributor and Master Certified
Stepfamily Coach Claudette
Chenevert provides clear
explanations, humorous insights and
exercises to help you pave a path to
healthier boundaries and more
enforceable House Rules-for your own
version of the white-picket-fence

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dream.

Setting boundaries between you and your boss is essential to having a healthy, safe, and efficient workplace. It can be hard to work with distractions, especially if your boss is violating your professional boundaries. Therefore, by setting boundaries, you

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can perform better quality work. You can also enjoy your work more without stress. The importance of boundaries cannot be stressed enough. That is why you should read this book, to learn how to achieve success at work by forging a good working relationship with your boss. This book includes all

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of the advice you need for navigating complex workplace relations with your boss. In these pages, you will learn how to protect yourself from harassment and other issues in the workplace. You will also learn how to tactfully yet firmly set boundaries with your boss and keep your relationship

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with your boss strictly professional. If you have a rocky relationship with your boss, you will find tips on how to improve this relationship and smooth out communication. You can create a smooth working relationship with your boss that does not include sexual attraction, disrespect, or harassment

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of any kind using the invaluable advice contained in these chapters. Start a safe and happy work environment today by setting boundaries in your relationship with your boss.

In Making Things and Drawing Boundaries, critical theory and cultural practice meet creativity, collaboration,

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and experimentation with physical materials as never before.

Foregrounding the interdisciplinary character of experimental methods and hands-on research, this collection asks what it means to “make” things in the humanities. How is humanities research manifested in hand and on

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screen alongside the essay and monograph? And, importantly, how does experimentation with physical materials correspond with social justice and responsibility? Comprising almost forty chapters from ninety practitioners across twenty disciplines, *Making Things and Drawing*

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Boundaries speaks directly and extensively to how humanities research engages a growing interest in “ maker ” culture, however “ making ” may be defined. Contributors: Erin R. Anderson; Joanne Bernardi; Yana Boeva; Jeremy Boggs; Duncan A. Buell; Amy Burek; Trisha N. Campbell;

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Elaine Sullivan; Joseph Takeda; Ezra
Teboul; William J. Turkel; Lisa Tweten.
From the acclaimed author of the

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perennial favorite Boundaries, Where to Draw the Line is a practical guide to establishing and maintaining healthy boundaries in many different situations. With every encounter, we either demonstrate that we 'll protect what we value or that we 'll give ourselves away. Healthy boundaries

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preserve our integrity. Unlike defenses, which isolate us from our true selves and from those we love, boundaries filter out harm. This book provides the tools and insights needed to create boundaries so that we can allow time and energy for the things that matter—and helps break down

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limiting defenses that stunt personal growth. Focusing on every facet of daily life—from friendships and sexual relationships to dress and appearance to money, food, and psychotherapy—Katherine presents case studies highlighting the ways in which individuals violate their own

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boundaries or let other people breach them. Using real-life examples, from self-sacrificing mothers to obsessive neat freaks, she offers specific advice on making choices that balance one's own needs with the needs of others. Boundaries are the unseen structures that support healthy, productive lives.

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Where to Draw the Line shows readers how to strengthen them and hold them in place every day.

How to Draw the Line in Your Head,
Heart and Home

All about Boundaries

The Essential Guide to Talk True, Be
Seen, and (Finally) Live Free

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Boundaries in an Overconnected
World

How to Draw Your Boundaries

Where to Draw the Line

How to Navigate Clueless Colleagues,
Lunch-Stealing Bosses, and the Rest
of Your Life at Work

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Do you have trouble saying "no," or constantly sacrifice your own needs to please others? If so, this evidence-based workbook will help you set healthy boundaries in all aspects of your life—without feeling guilty or afraid. If you find yourself feeling

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responsible for others—happiness, worrying about letting people down, or struggling to speak up for yourself, you probably have difficulty setting healthy boundaries. Establishing clear personal boundaries is essential to creating and nurturing mutually respectful

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relationships based on equality. Setting limits can also protect you from getting involved in exploitative relationships, and help you avoid toxic personalities who don't have your best interests at heart. This evidence-based workbook will show you how to set healthy

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boundaries across all aspects of life—without sacrificing your kindness or compassion for others. You'll learn to define your boundaries and discover why they're so important for your emotional well-being. You'll also find a wealth of tips for maintaining

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boundaries in a "constantly-connected" world, strategies for what to do when people get upset or threatened by your assertiveness, and ways to make sure your needs are met. If you're tired of feeling guilty or afraid of putting your mental and physical health first, are

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ready to take back control of your life, and create healthy and balanced relationships, this book will show you how to step up and set limits, assert yourself confidently, and realize your full potential.

A highly illuminating examination of

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narcissistic personality disorder (NPD) and its insidiously traumatic impact on family members and partners. Packed with insight, compassion, and practical strategies for recovery, this is a must-read for survivors and clinicians alike. Narcissistic personality disorder (NPD)

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has a profoundly dehumanizing effect on those subject to its distortions, manipulations, and rage. *The Narcissist in Your Life* illuminates the emotionally annihilating experience of narcissistic abuse in families and relationships, acknowledges the

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complex emotional and physical trauma that results, and assists survivors with compassionate, practical advice on the path of recovery.

Whether you are just learning about NPD, managing a narcissistic parent or other family member, leaving a

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narcissistic relationship, or struggling with complex PTSD, you will find life-changing answers to these common questions: What are the different forms of NPD? Is my partner a narcissist? Why do I keep attracting narcissistic personalities? How can I help my kids?

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What happens in a narcissistic family?
Why did my other parent go along with
the abuse? Why am I alienated from
my siblings? Why is it so hard to
believe in myself and my future? What
is complex PTSD and do I have it?
What are the health problems

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associated with narcissistic abuse?

Journalist, survivor, and NPD trauma coach Julie L. Hall provides a comprehensive, up-to-date, affirming, and accessible guide that will not only help you understand narcissistic abuse trauma, but will help you overcome

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trauma cycles and move forward with healing.

This pandemic and the need to socially distance tested all my boundary setting skills. It reminded me that when it comes to setting boundaries, we are all amateurs. I took notes of things I

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recently learned and collected pieces I've written in the past in an attempt to assemble a manual focused on boundaries: where to start, what they are for, how to express them, how to enforce them and what they sound like. This means this collection does

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include essays you might also come across in my other books. I hope reading through this is as helpful to you as creating it was for me.

When all that we are using is "lets agree to disagree" or "if it's too hot in the kitchen..," it is time for a simple

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and proactive alternative for moderating our own disputes. Based on six rules of engagement, Rethink Perfect creates a COMMON & SANE space for us to share real thoughts, feelings & our latest concepts. Like the protocols and Black Box of an airplane,

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Rethink Perfect allows us to monitor our conversations before, during and after to reduce the frequency and magnitude of our inevitable disputes.

Boundaries and Relationships

Why Borders Matter

Why Humanity Must Relearn the Art

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of Drawing Boundaries

The Rhetoric of Lines across America
Knowing, Protecting and Enjoying the
Self

The Culture Map

How to Draw the Line Between You
and Your Boss to Prevent Sexual

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Harassment, Increase Productivity, and
Have a Safe Work Environment

Messengers in Stone

Some maps help us find our way;
others restrict where we go and
what we do. These maps control
behavior, regulating activities from

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flying to fishing, prohibiting students from one part of town from being schooled on the other, and banishing certain individuals and industries to the periphery. This restrictive cartography has boomed in recent decades as governments

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seek regulate activities as diverse as hiking, building a residence, opening a store, locating a chemical plant, or painting your house anything but regulation colors. It is this aspect of mapping—its power to prohibit—that

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celebrated geographer Mark Monmonier tackles in No Dig, No Fly, No Go. Rooted in ancient Egypt's need to reestablish property boundaries following the annual retreat of the Nile's floodwaters, restrictive mapping

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has been indispensable in settling the American West, claiming slices of Antarctica, protecting fragile ocean fisheries, and keeping sex offenders away from playgrounds. But it has also been used for opprobrium: during one of the

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darkest moments in American history, cartographic exclusion orders helped send thousands of Japanese Americans to remote detention camps. Tracing the power of prohibitive mapping at multiple levels—from regional to

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international—and multiple dimensions—from property to cyberspace—Monmonier demonstrates how much boundaries influence our experience—from homeownership and voting to taxation and airline

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travel. A worthy successor to his critically acclaimed *How to Lie with Maps*, the book is replete with all of the hallmarks of a Monmonier classic, including the wry observations and witty humor. In the end, Monmonier looks far

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beyond the lines on the page to observe that mapped boundaries, however persuasive their appearance, are not always as permanent and impermeable as their cartographic lines might suggest. Written for anyone who

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votes, owns a home, or aspires to be an informed citizen, No Dig, No Fly. No Go will change the way we look at maps forever.

Continuing her popular Setting Boundaries® series, Allison Bottke offer her distinctive **¶Six Steps to**

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SANITY to readers who must deal with difficult people. S Stop your own negative behavior A Assemble a support group N Nip excuses in the bud I Implement rules and boundaries T Trust your instincts Y Yield everything to God Whether

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It's a spouse, in-law, boss, coworker, family member, neighbor, or friend, readers who have allowed others to overstep their boundaries will learn how these six steps can help them reset those boundaries and take back their life—for good.

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Setting Boundaries® with Difficult People is designed to inspire, empower, and equip readers with the tools to transform lives.

Western society has become estranged from the borders and social boundaries that have for

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centuries given meaning to human experience. This book argues that the controversy surrounding mass migration and physical borders runs in parallel and is closely connected to the debates surrounding the symbolic boundaries people need

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to guide on the issues of everyday life. Numerous commentators claim that borders have become irrelevant in the age of mass migration and globalisation. Some go so far as to argue for "No Borders". And it is not merely the

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boundaries that divide nations that are under attack! The traditional boundaries that separate adults from children, or men from women, or humans from animals, or citizens and non-citizens, or the private from the public sphere are often

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condemned as arbitrary, unnatural, and even unjust. Paradoxically, the attempt to alter or abolish conventional boundaries coexists with the imperative of constructing new ones. No-Border campaigners call for safe spaces. Opponents of

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cultural appropriation demand the policing of language and advocates of identity politics are busy building boundaries to keep out would-be encroachers on their identity.

Furedi argues that the key driver of the confusion surrounding borders

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and boundaries is the difficulty that society has in endowing experience with meaning. The most striking symptom of this trend is the cultural devaluation of the act of judgment, which has led to a loss of clarity about the moral boundaries in

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everyday life. The infantilisation of adults that runs in tandem with the adultification of children offers a striking example of the consequence of non-judgmentalism. Written in a clear and direct style, this book will

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appeal to students and scholars in cultural sociology, sociology of knowledge, philosophy, political theory, and cultural studies.

An international business expert helps you understand and navigate cultural differences in this insightful

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and practical guide, perfect for both your work and personal life.

Americans precede anything negative with three nice comments; French, Dutch, Israelis, and Germans get straight to the point; Latin Americans and Asians are

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steeped in hierarchy;

Scandinavians think the best boss is just one of the crowd. It's no surprise that when they try and talk to each other, chaos breaks out. In *The Culture Map*, INSEAD professor Erin Meyer is your guide

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through this subtle, sometimes treacherous terrain in which people from starkly different backgrounds are expected to work harmoniously together. She provides a field-tested model for decoding how cultural differences impact

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international business, and
combines a smart analytical
framework with practical, actionable
advice.

How to Set Healthy Boundaries
Every Day
Ask a Manager

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How to Be Ferociously Happy
Opening the Mind or Drawing
Boundaries?

How Maps Restrict and Control
Breaking Through the Invisible
Boundaries of Global Business
Recognizing the Patterns and

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Learning to Break Free Boundaries

A manual for developing the self-respect and empowerment that ultimately allows for the setting of healthy boundaries in various arenas of life. Inspired by their work as life coaches working with women, the

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authors share their personal successes and failures with setting boundaries to inspire you to make healthy changes in your own life.

The instant New York Times bestseller
End the struggle, speak up for what
you need, and experience the freedom
of being truly yourself. Healthy

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boundaries. We all know we should have them--in order to achieve work/life balance, cope with toxic people, and enjoy rewarding relationships with partners, friends, and family. But what do "healthy boundaries" really mean--and how can we successfully express our needs,

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say "no," and be assertive without offending others? Licensed counselor, sought-after relationship expert, and one of the most influential therapists on Instagram Nedra Glover Tawwab demystifies this complex topic for today's world. In a relatable and inclusive tone, *Set Boundaries, Find*

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Peace presents simple-yet-powerful ways to establish healthy boundaries in all aspects of life. Rooted in the latest research and best practices used in cognitive behavioral therapy (CBT), these techniques help us identify and express our needs clearly and without apology--and unravel a

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root problem behind codependency, power struggles, anxiety, depression, burnout, and more.

The essays in this volume explore various aspects of work in China, including the nature of work, gender inequalities in work, gender and work in the context of migration, and the

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reciprocal influences of households and work organization.

Beginning with a concise and well-illustrated history of the evolution of the tradition, this new study reveals how these images were deployed in the Manchu (Qing) imperial court to define political, social, or cultural

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boundaries. Characterized by grand conception and regal splendor, the paintings served to enhance the imperial authority of rulers and, to a segment of the elite, to advertise social status.

No Dig, No Fly, No Go

Setting Boundaries® with Difficult

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People

The Ultimate Guide to Telling the
Truth, Creating Connection, and
Finding Freedom

Teaching Children about "drawing the
Line"

Making Things and Drawing
Boundaries

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Set Boundaries, Find Peace
Parents, Teens and Boundaries
The Better Boundaries Workbook
Confident Parents, Confident Kids lays
out an approach for helping
parents—and the kids they love—hone
their emotional intelligence so that they

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can make wise choices, connect and communicate well with others (even when patience is thin), and become socially conscious and confident human beings. How do we raise a happy, confident kid? And how can we be confident that our parenting is preparing

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our child for success? Our confidence develops from understanding and having a mastery over our emotions (aka emotional intelligence)—and helping our children do the same. Like learning to play a musical instrument, we can fine-tune our ability to skillfully react to those

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crazy, wonderful, big feelings that naturally arise from our child ' s constant growth and changes, moving from chaos to harmony. We want our children to trust that they can conquer any challenge with hard work and persistence; that they can love

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boundlessly; that they will find their unique sense of purpose; and they will act wisely in a complex world. This book shows you how. With author and educator Jennifer Miller as your supportive guide, you'll learn: the lies we 've been told about emotions, how

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they shape our choices, and how we can reshape our parenting decisions in better alignment with our deepest values. how to identify the temperaments your child was born with so you can support those tendencies rather than fight them. how to align your biggest hopes and dreams for

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your kids with specific skills that can be practiced, along with new research to support those powerful connections. about each age and stage your child goes through and the range of learning opportunities available. how to identify and manage those big emotions (that

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only the parenting process can bring out in us!) and how to model emotional intelligence for your children. how to deal with the emotions and influences of your choir—the many outside individuals and communities who directly impact your child ' s life,

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including school, the digital world, extended family, neighbors, and friends. Raising confident, centered, happy kids—while feeling the same way about yourself—is possible with *Confident Parents, Confident Kids*.