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She is the author of the best-selling book, Boundaries: Where you End and I Begin, and her newest book is How to Make Any Diet Work: Repair Your Disordered Appetite and Finally Lose Weight. Katherine lives in the Pacific Northwest. More items to explore. Page 1 of 1 Start over Page 1 of 1 .

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For those of us who have walked away from a conversation, meeting, or visit feeling violated and not understanding why, this book helps us recognize and set healthy boundaries.Boundaries bring order to our lives, strengthen our relationships with others and ourselves, and are essential to our mental...