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physical body is protected by our  
skin, our psyche and spirit have  
energetic boundaries that keep out  
harmful influences. These  
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**are contagious. All of us have had**  
**the experience of being affected by**  
**someone else's... Boundaries**  
**distinguish what's you and what's**



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**Energetic Boundaries: How to Stay**

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Filled with insights, practical  
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techniques, **Energetic Boundaries**  
is an indispensable tool for staying  
protected and connected in every  
aspect of life—in our relationships,  
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**In the end, to create our energetic boundaries is to claim the life we always knew that we should have, the life ready to share with those we love, the life secure in the good**

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graces of the Divine. This is the life  
of our dreams; this is the life we  
guarantee ourselves through  
healthy energetic boundaries.

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*Page 16/33*



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**Boundaries**

**Energetic Boundaries is must-reading for everyone who wants to get and stay healthy. Understanding the role of boundaries and applying them is how one creates health at the most basic level.” —Christiane Northrup, MD, OB/GYN physician**

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our relationships, career, and on  
our spiritual journey.

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**get and stay healthy. Understanding the role of boundaries and applying them is how one creates health at the most basic level."**

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**Protected and Connected in Work,  
Love, and Life. Just as our physical  
body is protected by our skin, our  
psyche and spirit have "energetic  
boundaries" that keep out harmful  
influences.**

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*Page 31/33*

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