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Boundaries in an Overconnected World

BOUNDARIES IN AN OVERCONNECTED WORLD Setting Limits to Preserve Your Focus, Privacy, Relationships, and Sanity Over the past decade, 24-7 connectivity has given us not only convenience and fun but worries about privacy, intrusions into family time, and new compulsions — from shopping to tweeting and cute cat watching.

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Instead, Anne Katherine takes a modern approach to the subject of being

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Therapist Anne Katherine specializes in helping people with boundaries, eating disorders, and food addiction. She wrote the first book on boundaries for a mass audience, *Boundaries: Where You End and I Begin*, which has sold over 250,000 copies.

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Boundaries in an Overconnected World We ' ve all experienced a pivotal shift in the way the world operates, and it has affected nearly every aspect of our lives. Although many tasks are now easier—banking, travel arrangements, communication, access to resources—digital devices talk back at you with the agendas of millions of other entities.

Boundaries in an Overconnected World

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BOUNDARIES IN AN OVERCONNECTED WORLD - Anne Katherine

Boundaries in an Overconnected World: Setting Limits to Preserve Your Focus, Privacy, Relationships, and Sanity by Anne Katherine. 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 compulsions — from shopping to tweeting and cute-cat watching.

Boundaries in an Overconnected World by Katherine, Anne ...

Boundaries in an Overconnected World is a thought-provoking read centering about how we can 'unplug' from the world around us and not become overwhelmed by the media and screens that surround us. This is a great book for parents who want to think through how to limit the time their kids spend connected and how to go about setting appropriate

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A boundary is a limit that protects the integrity, autonomy, or wholeness of an entity. If your life feels out of control, unmanageable, or chaotic in any way, the right boundary will improve it. You, an individual, are an entity. You and your best friend are also an entity — a friendship.

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