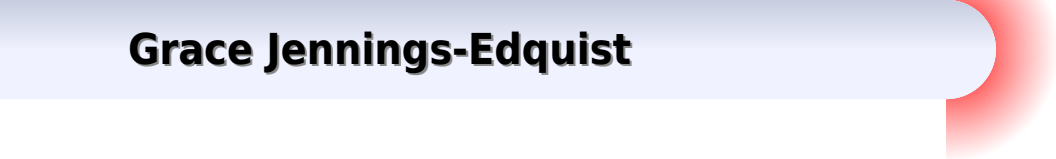


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Yes, there will be obstacles...
but,
YOU determine the outcome!

- DeNise Davis

You Set Your Own Limits

Grace Jennings-Edquist



You Set Your Own Limits:

Setting Boundaries Will Set You Free Nancy Levin, 2021-01-12 Do you feel like you're a pushover? Do you let 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 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, 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 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 discomfort. This book includes exercises and practical tools to help even the most conflict-averse people. Please readers learn new habits. You'll learn how to recognize and take inventory of your boundaries, view your boundaries differently by creating a Boundary Pyramid, learn how to say no effectively, and set 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 if you're someone who has avoided boundaries for years, it can change your life too. Nancy Levin

The Yes Woman Grace Jennings-Edquist, 2021-08-31 Through interviews, research, and her own experiences, Grace Jennings-Edquist analyses Yes Woman behaviour: a mix of perfectionism and people-pleasing holding women back and often burning them out. A practical guide to recognising your own Yes Woman tendencies, measuring their cost on your health, and resisting that need to please.

Parenting Stress Solutions Cordelia Sloane, 2025-02-22 Parenting Stress Solutions offers a comprehensive guide to help modern parents understand and manage the unique stressors they face. Recognizing that societal expectations and personal histories significantly contribute to parental overwhelm, the book provides effective coping strategies. Did you know chronic parental stress can negatively affect not only the parent's mental and physical health but also the child's development and family dynamics? This resource emphasizes practical, evidence-based solutions, moving beyond generic advice to offer actionable strategies grounded in psychological research and real-world experiences. The book takes a holistic approach, integrating psychological understanding, practical coping mechanisms like mindfulness, and time management, and the crucial practice of self-care for parental well-being. It emphasizes that effective stress management isn't just about individual resilience but requires a comprehensive approach. Beginning with the core concepts of parental stress, it progresses through strategies for stress reduction, dedicating a section to self-care and highlighting the long-term benefits of proactive management for both parents and children.

Ring the Changes Gill Dyer, Gina Mitchell, Moira Monteith, 2023-04-28 First published in 1991, *Ring the Changes* is a realistic and practical guide that provides ideas, information, and advice for women planning a return to work or study after a career break. Gill Dyer, Gina Mitchell, and Moira Monteith draw widely upon their own experiences, both as tutors and as women juggling with the conflicting demands of personal and work commitments. This helpful book includes case studies illustrating the problems faced by women returners.

and exercises designed to develop communication skills and build self confidence The text is accompanied by Angela Martin's humorous and delightful illustrations This book should be of interest to women considering a return to work and to teachers in adult education

The Power of Saying No and Setting Boundaries: How to Protect Your Time and Focus on What Truly Matters Silas Mary, 2025-02-11 Success isn't just about what you say yes to it's about what you say no to

Setting boundaries is essential for maintaining focus reducing stress and prioritizing what truly matters This book teaches you how to say no without guilt take back control of your time and establish healthy boundaries in both personal and professional life By learning to protect your energy you'll avoid burnout increase productivity and make space for what truly aligns with your goals Whether you're dealing with demanding clients overcommitted schedules or toxic relationships this book provides the tools to create balance reclaim your time and focus on what drives success

Your Life's Puzzle August Leo, 2024-07-30 There are so many people who are suffering in silence When they're in public they put on a face as though everything is well When they are alone they slip back into depression We need to learn to get along stop judging and learn to love one another That begins with the person you see in the mirror The most powerful thing in the world is the human mind People should take the words can't and impossible out of their vocabulary If those two words are in your vocabulary you will have a defeated mindset and you will fail before you get started If you have faith belief Come up with a plan and take action Anything is possible The power is in belief If you have the will anything is possible The purpose of the material in this book is to give the gift of hope I want to inspire you people and lift them up There are some people who are stressed out and depressed and have fallen into a dark place because of things they have experienced in life Some of them have given up and stopped looking for a way out If you are in a dark place in life darkness cannot drive out darkness It takes light to drive out darkness We are bombarded with negativity from news and social media all day long The materials in this book are meant to be a ray of light to drive out the darkness The short stories in this book are about real people who've made mistakes You can't make all your mistakes but you can learn from someone else Another purpose of this book is to encourage people to use their inner pain and hurt as fuel to push themselves toward their dreams If you're not happy where you are in life it's up to you to change it You have to take responsibility for your life No one is going to do it for you No one is going to care for you more than you care for yourself Here is a list of some of the topics that will be discussed in this book learning disabilities depression loneliness suicide intuition solitude self love self hate self worth self esteem stress and much more

The Anti-Burnout Blueprint: Strategies for Sustainable Success Ahmed Musa, 2025-01-06 Burnout doesn't have to be inevitable The Anti Burnout Blueprint offers a roadmap to achieving your goals without sacrificing your well being Explore proven strategies for managing stress setting boundaries and creating a work life balance that lasts With inspiring stories and practical tools this book helps you redefine success on your own terms Whether you're an entrepreneur a professional or a student The Anti Burnout Blueprint will guide you toward a healthier more sustainable way of living and working

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Mind Reset Arjun Verma,AI,2025-03-14 Mind Reset offers a practical guide to mental wellness focusing on breaking negative thought patterns and fostering a growth mindset Grounded in psychology the book introduces concepts like cognitive restructuring and neuroplasticity highlighting how the brain can be rewired for positivity Readers will learn how to challenge negative thoughts and build resilience understanding that mental wellness is a dynamic process achievable through targeted techniques The book begins by exploring the impact of negative thinking drawing from cognitive behavioral therapy and research on stress It argues that mental wellness can be cultivated through understanding thought patterns and adopting strategies for change Major sections include exercises for self compassion resilience and goal setting Mind Reset uniquely combines scientific rigor with actionable strategies bridging academic research and everyday life to empower readers on their personal growth journey ultimately providing a roadmap for lasting happiness

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