

BUILDING HEALTHY RELATIONSHIPS WITH BOUNDARIES

RESOURCES

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Presentation resources:

- ✓ *Boundaries Updated and Expanded Edition: When to say Yes, How to say No To Take Control of your Life*; Cloud, Henry, Townsend, John
- ✓ *Burnout: The secret to solving the stress cycle*. Random House; Nagoski, E., & Nagoski, A.
- ✓ *The Book of Boundaries; Set The Limits That Will Set You Free*, Melissa Urban
- ✓ *The Well-Lived Life*; Gladys McGarey, MD
- ✓ *Boundary Power Workbook: How I Treat You, How I Let You Treat Me, and How I treat Myself*; Mike S. O'Neil and Chrles E. Newbold
- ✓ *The Let Them Theory*; Mel Robbins
- ✓ <https://thrivingcenterofpsych.com/blog/setting-healthy-boundaries/>

Additional resources:

Podcasts:

- *The Boundaries. Me Podcast*, by Dr. Henry Cloud
- *Beyond Bitchy: Mastering The Art of Boundaries*, by Victoria Priya-LCSW
- *The Mel Robbins Podcast*, by Mel Robbins
- *The Mindset Mentor*, by Rob Dial

Books:

- *The Better Boundaries Workbook: a CBT-Based program to help you set limits, express your needs, and create healthy relationships*: Martin DSW LCSW

Audiobooks:

- *The Book of Boundaries: Set the Limits that will Set you Free (Audible Audio Edition)*: Melissa Urban, Melissa Urban, Random House Audio: Books.
- *Set Boundaries, Find Peace: A Guide to Reclaiming Yourself* (Audiobooks): Nedra Gover Tawwab