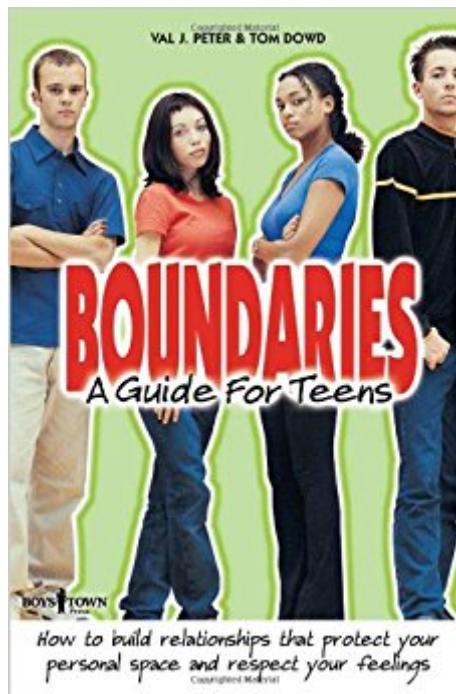


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# Boundaries: A Guide For Teens



## **Synopsis**

This book invites teens to examine their lives and relationships. It begins by helping you define what physical, emotional, and sexual boundaries are. Stories of other teens illustrate how personal space and feelings can be either respected or violated in relationships with others. The book's journal format encourages you to reflect on and record feelings about your own relationships. Do people respect your boundaries? Has anyone ever made you feel uncomfortable in some way? Have you ever felt manipulated, intimidated, or mistreated by someone you regarded as a friend? How can you get a friendship that has gone wrong back on track? Use *Boundaries: A Guide for Teens* to help assess your relationships with family, friends, classmates, and new acquaintances. Learn how to build close and satisfying friendships while guarding against being used or abused by others. Learn what it takes for you to be a good friend in return.

## **Book Information**

Paperback: 113 pages

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Average Customer Review: 4.2 out of 5 stars 19 customer reviews

Best Sellers Rank: #653,150 in Books (See Top 100 in Books) #94 in Books > Teens > Education & Reference > Social Science > Psychology #97 in Books > Teens > Social Issues > Family #342 in Books > Medical Books > Psychology > Adolescent Psychology

## **Customer Reviews**

Val J. Peter is executive director emeritus of Father Flanagan's Boys' Home. Father Peter has been an advocate for youth for more than 30 years and is personally committed to changing the way America cares for its at-risk girls and boys. Tom Dowd is chief training officer for Program and Staff Development at Girls & Boys Town. He is the co-author of several scholarly articles and professional books, including "Teaching Social Skills to Youth"

I work as a psychotherapist and mainly with adolescents. This is one book I always use with teens to educate them about boundaries. This can be an important and highly relevant topic for teens and

is especially critical with the population I work with. There are plenty of easy to fill out exercises after every short lesson that my clients enjoy and I use the book very frequently. My clients really appreciate this easy to read book and I use it for teens of all ages. I will continue to purchase this little book for my clients because it is very accessible and the information and lessons learned can be put to use in real life immediately by teenagers.

This is an excellent book. I bought this book for my oldest son(15) and my daughter(13). I read the book and wish I had this when I was a teen. It has so much useful information. And I like the scenarios they use. The book is interactive and gets the teens to think and evaluate themselves. But mostly the friends and people around them.

Great for helping them think and put their boundaries to practice. After buying my two teenage boys these boundaries books they seem more balanced and fight way less. :)

This is a perfect book to use with teens. It is a very quick read and is journal-style. You could easily use this for discussion in groups or one-on-one. I purchased it as a gift for a friend. I liked it so much, I am purchasing two more for my own daughters. Well worth the small price.

This is a really great book one I would recommend highly! Not only does it tell your teens what boundaries are, and that it is not drawing a line in the sand and beating up anyone who crosses it. But it gives them examples of how they can resolve a number of incidents so they get the idea. Very good book!

An excellent book that every teenager should read

I love this book I read it in high school and I wanted my daughter to benefit as well.

Great book I would recommend for anybody who has kids.

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