

## RESOURCES FOR BOUNDARIES

***Stand Up for Your Life*** by Cheryl Richardson - shows you how to set boundaries and develop the courage and confidence to make choices that honor your values, needs and desires.

***My Answer Is No... If That's Okay with You: How Women Can Say No and (Still) Feel Good about It***, by Nanette Gartrell, M.D. - a practical guide to setting boundaries while preserving important relationships.

***Difficult Conversations: How to Discuss What Matters Most***, by Douglas Stone, Bruce Patton, and Sheila Heen - a great guide to use when facing conflict.

***The Power of No: Because One Little Word Can Bring Health, Abundance and Happiness***, by James Altucher and Claudia Azula - a practical guide that will help you summon the power to turn down overwhelming requests, bad relationships, and time consuming obligations.

***Too Nice for Your Own Good: How to Stop Making 9 Self-Sabotaging Mistakes***, by Duke Robinson - this book will empower you to get what you need and deserve out of life... and still be a nice person.

***Good Boundaries and Goodbyes*** by Lysa Terkeurst - This book will help you determine the appropriate amount of personal and emotional access someone has to you based on how responsible they'll be with that access.

***Why Are We Yelling? The Art of Productive Disagreement***, By Buster Benson - This book helps you diffuse tense moments with a few strategic questions