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Energetic Boundaries: How to Stay Protected and Connected in Work, Love, and Life by Cyndi Dale at AbeBooks.co.uk - ISBN 10: 1604075619 - ISBN 13: 9781604075618 - Sounds True Inc - 2011 - Softcover

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Your Energetic Boundaries – How to Stay Protected and ...



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Now that you have the definition of energetic boundaries and have been presented some signs that you 've lost yours, here are some tips! 5 Boundary Setting Tricks and ways to restore them: 1) First, stop and disengage energetically from what you 're doing. This can be done in taking a simple deep breath and saying a word that is helpful to you.

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