**Recommended Reading on Boundaries**

* *Boundaries after a Pathological Relationship.* Adelyn Birch. (2014)
* *Setting Boundaries with Food.* Allison Botke. (2012)
* *Setting Boundaries with Your Adult Children: Six Steps to Hope and Healing for Struggling Parents.* Allison Botke. (2008)
* *Beyond Boundaries: Learning to Trust Again in Relationships*. John Townsend. (2012)
* *Boundaries for Your Soul: How to Turn Your Overwhelming Thoughts and Feelings into Your Greatest Allies.* Allison Cook. (2018)
* *Boundaries: When to Say Yes, How to Say No To Take Control of Your Life (Updated and Expanded Edition).* Henry Cloud. (2017)
* *Where to Draw the Line: How to Set Healthy Boundaries Every Day.* Anne Katherine. (2000)
* *The Art of Everyday Assertiveness: Speak Up. Set Boundaries. Say No. Take Back Control. Get What You Want. Patrick King.* (2019)
* *Boundary Power: How I Treat You and How I Let You Treat Me.* Mike O’Neil. (1994)
* *Empowered Boundaries: Speaking Truth, Setting Boundaries, and Inspiring Social Change.* Cristien Storm. (2018)
* *Boundaries with Teens: When to Say Yes, How to Say No.* John Townsend. (2006)
* *The Power of No.* James Altucher. (2014)
* *The Art of Saying NO: How to Stand your Ground, Reclaim Your Time and Energy, and Refuse to be taken for Granted (Without Feeling Guilty!).* Damon Zahariades. (2017)
* *Viral Parenting: A Guide to Setting Boundaries, Building Trust, and Raising Responsible Kids in an Online World.* Mindy McKnight*.* (2019)
* *A Young Woman's Guide to Setting Boundaries: Six Steps to Help Teens Make Smart Choices Cope with Stress, Untangle Mixed-Up Emotions.* Allison Bottke*.* (2014)
* *Yes! I Said No! How to Set Healthy Boundaries and Increase Your Self-Esteem.* Barbara E. Russell. (2016)
* *Boundaries in Recovery: Emotional Sobriety Through Setting Personal Limitations.* Taite Adams. (2015)
* *The Need to Say No: The Importance of Setting Boundaries in Love, Life, & Your World - How to Be Bullish and Not Bullied.* Jill Brooke. (2013)
* *Boundaries in Marriage.* Henry Cloud and John Townsend. (2002)
* [*Boundaries & Emotional Development: Boost Self Esteem & Assertiveness for Healthier Relationships with Inner Child Healing.*](https://www.amazon.com/Boundaries-Emotional-Development-Assertiveness-Relationships-ebook/dp/B06Y15T5B5/ref=sr_1_1?qid=1555710818&refinements=p_27%3ASebastian+Goff&s=digital-text&sr=1-1&text=Sebastian+Goff)Sebastian Goff. (2017)
* *Not Nice: Stop People Pleasing, Staying Silent, & Feeling Guilty... And Start Speaking Up, Saying No, Asking Boldly, And Unapologetically Being Yourself.* Dr. Aziz Gazipur. (2017)
* *Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You.* Susan Forward. (1998)
* *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself.* Melody Beattie. (1986)

**Recommended Podcast on Boundaries**

*Single Episode*

* Setting Boundaries in Relationships #026 (<https://psychiatrypodcast.com/psychiatry-psychotherapy-podcast/setting-boundaries-in-relationships>)
* How to set healthy boundaries and learn the art of saying no: Project Love (<https://soundcloud.com/projectlove/how-to-set-healthy-boundaries>)
* How to Set Boundaries to Build Thriving Relationships: Chris Lee (<https://lewishowes.com/podcast/r-set-boundaries-build-thriving-relationships/>)
* How to Compassionately Set Boundaries in Relationships with Brené Brown: The Lively Blog #124 (<http://jesslively.com/brenebrown/>)
* Honoring Your Personal Boundaries: The Overwhelmed Brain (<https://theoverwhelmedbrain.com/honoring-your-personal-boundaries-revisited/>)
* How to set boundaries without feeling guilty (<https://www.maconferenceforwomen.org/podcast-how-to-set-boundaries-without-feeling-guilty/>)
* 5 Keys to a Life of Healthy Boundaries #28 (<http://podcast.defeatthedrama.com/ep28-5-keys-to-a-life-of-healthy-boundaries/>)
* Create Healthy Boundaries: Dr. Saundra Dalton-Smith (<https://ichoosemybestlife.com/create-healthy-boundaries/>)
* Setting Boundaries with Dysfunctional Family Members: Smart Couple Podcast #219 (<https://relationshipschool.com/podcast/setting-boundaries-with-dysfunctional-family-members-terri-cole-smart-couple-podcast-219/>)
* Healthy Boundaries with In-Laws: The Naked Marriage Podcast E13 (<https://thenakedmarriagepodcast.simplecast.com/episodes/healthy-boundaries-with-in-laws-dce8fe1c>)
* 3 Ways to Set Healthy Boundaries and 7 Ways to Graciously Say No. (<https://www.caregiving.com/2018/03/podcast-3-ways-to-set-healthy-boundaries-and-7-ways-to-graciously-say-no/>)
* How to Peacefully Teach and Set Clear Limits, Boundaries and Consequences with Your Child: TRU Parenting (<http://truparenting.net/peacefully-teach-set-clear-limits-boundaries-consequences-child/>)
* Parenting – Boundaries with Children #82 (<https://shows.pippa.io/connexions-classroom/episodes/5adaa4754dc900b32d0f37c9>)
* Setting Boundaries at Work: Why and How #37 (<https://shows.pippa.io/job-seekers-podcast/episodes/37-setting-boundaries-at-work-why-and-how>)
* Setting Boundaries and Sticking to Them: #33 (<https://tobifairley.com/podcast/boundaries/>)
* Teaching Kids About Boundaries and Consent #18 (<https://www.yourvillageonline.com/podcast/teaching-kids-about-boundaries-and-consent/>)
* Boundaries: Setting Limits with Manipulative People (<https://podtail.com/en/podcast/inner-integration-podcast/boundaries-setting-limits-with-manipulative-people/>)

**Recommended Twitter Accounts on Boundaries**

@scienceofno

@HealthyPlace

@MindfulMFT

**Recommended Videos on Boundaries**

Brene Brown on Boundaries

<https://www.youtube.com/watch?v=F7N17Di8gPE>

Boundaries, Wining, Results & Relationship | Dr. Henry Cloud | Part 1

<https://www.youtube.com/watch?v=U-eSDqW1qJo>

Boundaries, Wining, Results & Relationship | Dr. Henry Cloud | Part 2

<https://www.youtube.com/watch?v=DpTalg9XIj0>

Good boundaries free you | Sarri Gilman

<https://www.youtube.com/watch?v=rtsHUeKnkC8>

Busting through People Pleasing and Setting Healthy Boundaries | Rose Cole

<https://www.youtube.com/watch?v=kUF7kNVW7sM>

Say No to Say Yes | Dr. Caryn Aviv

<https://www.youtube.com/watch?v=-iUag3c9HRc>

Strong Boundaries Improve Relationships: The Assertiveness Guide for Women | Dr. Julie Hanks

<https://www.youtube.com/watch?v=quEI0g1FZuM>

Setting Boundaries is not Emotionally Cutting Off | Jerry Wise

<https://www.youtube.com/watch?v=CrjXuATv8cw>

Personal Boundaries: 5 ways to teach people how to treat us properly | Kati Morton

<https://www.youtube.com/watch?v=KhW4g9urdXQ>

The Gift and Power of Emotional Courage | Susan David

<https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage/transcript?language=en>