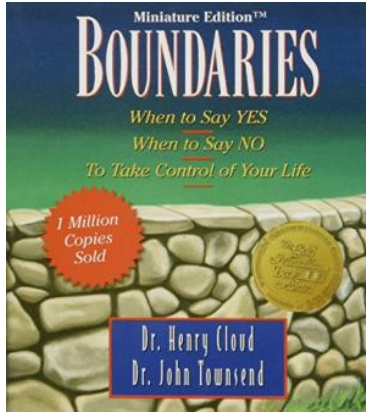


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# BOUNDARIES: WHEN TO SAY YES, WHEN TO SAY NO-TO TAKE CONTROL OF YOUR LIFE



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