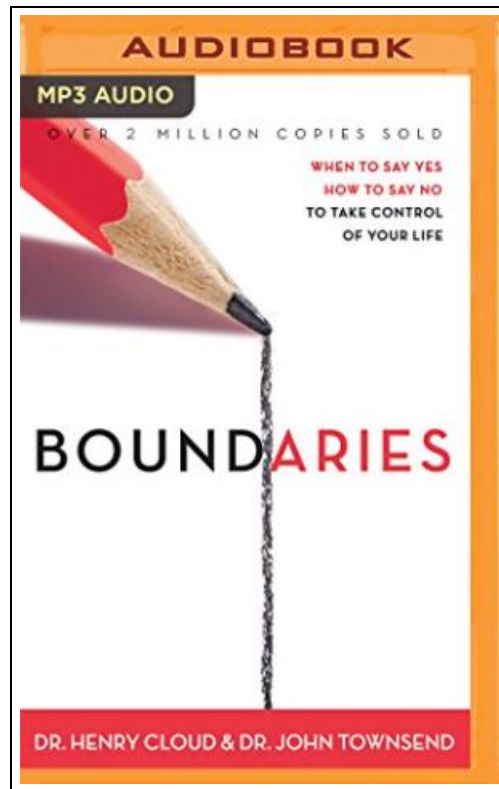


## Boundaries: When to Say Yes, How to Say No, to Take Control of Your Life



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