

## Boundaries In An Overconnected World Setting Limits To Preserve Your Focus Privacy Relationships And Sanity

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~~Instead, Anne Katherine takes a modern approach to the subject of being “overconnected” to technology by discussing the use of boundaries to help one take control of the modern dependence on technology. She defines boundaries as, “A limit that protects the integrity, autonomy or wholeness of an entity.~~

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~~Therapist Anne Katherine specializes in helping people with boundaries, eating disorders, and food addiction. She wrote the first book on boundaries for a mass audience, Boundaries: Where You End and I Begin, which has sold over 250,000 copies.~~

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~~Boundaries in an Overconnected World by Katherine, Anne ...~~

~~Boundaries in an Overconnected World is a thought-provoking read centering about how we can 'unplug' from the world around us and not become overwhelmed by the media and screens that surround us. This is a great book for parents who want to think through how to limit the time their kids spend connected and how to go about setting appropriate boundaries.~~

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~~A boundary is a limit that protects the integrity, autonomy, or wholeness of an entity. If your life feels out of control, unmanageable, or chaotic in any way, the right boundary will improve it. You, an individual, are an entity. You and your best friend are also an entity – a friendship.~~

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