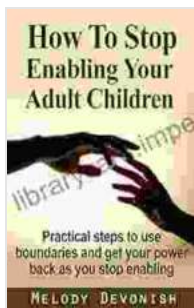


# Practical Steps To Use Boundaries And Get Your Power Back As You Stop Enabling

Are you tired of feeling like you're always being taken advantage of? Do you feel like you can't say no to people, even when you know you should? If so, then you may be an enabler.

Enabling is a behavior that allows someone else to continue their harmful or destructive behavior. It can be anything from giving them money to covering up their mistakes. While you may think you're helping them, enabling actually does more harm than good.



## How To Stop Enabling Your Adult Children: Practical steps to use boundaries and get your power back as you stop enabling (Empowering Change Book 1)

by Melody Devonish

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1190 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 49 pages
Lending	: Enabled



When you enable someone, you're sending them the message that their behavior is acceptable. This makes it more difficult for them to change, and

it can also lead to them becoming more dependent on you.

If you're ready to stop enabling and start taking back your power, then this book is for you.

### **In this book, you'll learn:**

- What enabling is and how it affects you
- How to set and enforce boundaries with friends, family, and coworkers
- How to stop enabling others' bad behavior
- How to take back your power and live a more fulfilling life

If you're ready to make a change, then Free Download your copy of [Practical Steps To Use Boundaries And Get Your Power Back As You Stop Enabling](#) today.

### **Testimonials**

"This book is a must-read for anyone who wants to learn how to set and enforce boundaries. It's full of practical advice that you can start using today."

- *Sarah D.*

"I've been an enabler for years, and this book has finally helped me to break free. I'm so grateful for the tools and techniques that I've learned."

- *John S.*

"This book is a game-changer. It's helped me to take back my power and live a more fulfilling life."

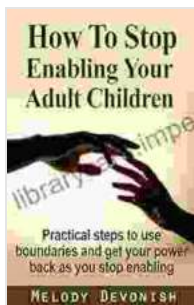
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