

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

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[New World Library, 280 pages] Being a 21 st century woman and extremely well-versed in all mediums of electronic technology, my first thought when seeing the title of Anne Katherine's book, Boundaries in an Overconnected World, was smug satisfaction.

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Prescriptive advice for how to handle all sorts of challenges from

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being online and connected, whether it's maintaining your family's privacy, online dating, chat rooms, work boundaries, email etiquette, etc. -- all from the psychological perspective of a psychologist who is an expert in understanding and establishing healthy boundaries.

### **Boundaries in an Overconnected World on Apple Books**

New World Library 2013 266 pages \$14.95 BF637 An expert in boundary construction (e.g., food addiction) therapist Katherine takes on technology with *Boundaries in an Overconnected World*. She aims to define and implement healthy boundaries for the general public.

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Therapist Anne Katherine specializes in helping people with boundaries, eating disorders, and food addiction. She wrote the

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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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Categories: Books, MIND Tags: Anne Katherine, BOOK, Boundaries in an Overconnected World. Description Reviews (0) Description. Over the past decade, 24-7 connectivity has given us not only convenience and fun but worries about privacy, intrusions into family time, and new compulsions — from shopping to tweeting and cute cat watching.

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Boundaries in an Overconnected World will help you regain authority over your time, your focus, and your energy. It shows how to set limits on intrusions and exposure in cyberspace, with

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every communication device you own, and with everyone who wants to reach you through them.

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