

aries: How to Draw the Line in Your Head, Heart and

author: Jennie Miller, Victoria Lambert



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Synopsis

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A four-step programme to help develop self-esteem, create time to do the things that nourish and fulfil you, discover a deep sense of calm, and achieve healthy control over your life, home and work, co-written by psychotherapist and relationship expert Jennie Miller and award-winning journalist Victoria Lambert.

The need to understand where to draw the line has never been more acute, with new online trends seeping quickly into our consciousness often before weâ€™ve had time to consider what personal boundaries they might require. Covering email etiquette, office politics, healthy parenting, dating among the over 50s, oversharing, relationships and more, there is no other book that deals effectively and practically with the embryonic and ever-evolving relationship codes of today.

Discover how to set personal boundaries in the most important aspects of your life: from sleep to fitness, diet to social media and computer usage, and build the self-confidence that results from learning to care for yourself. Then you can progress to applying that knowledge to all aspects of your life including work, home and relationships.

With anonymised cases from Jennieâ€™s clinical practice, *Boundaries* contains exercises, motivational quotes, statistics, and clearly signposts when exactly you need to bring in the boundaries.

Reader's comments

comment 1: Emily Parker

Boundaries: How to Draw the Line in Your Head, Heart and Home by Jennie Miller and Victoria Lambert is an insightful exploration into the art of setting healthy boundaries in various aspects of life. The authors skillfully blend psychology and practical advice to guide readers in recognizing and establishing necessary limits for personal well-being. The book is structured in a way that is both engaging and easy to follow, offering relatable scenarios and thoughtful exercises to implement the concepts discussed. One of the standout features of this book is its holistic approach, addressing the importance of boundaries not just in personal relationships, but also in professional settings and within oneself. Miller and Lambert emphasize that setting boundaries is not about building walls but creating a space where mutual respect and growth can flourish. Their compassionate tone and clear instructions provide readers with the tools needed to reflect on their current boundary-setting practices and make positive changes. Overall, this book is a valuable resource for anyone looking to enhance their emotional health and create more fulfilling relationships, making it a must-read for those striving to improve their personal and professional lives.

â€” Emily Parker (2026-05-30 16:43:39)