

"If you're ready for true emotional freedom,  
let *Boundary Boss* show you the way."

KRIS CARR *New York Times* bestselling author

**TERRI COLE**

**BOUNDARY  
BOSS**



**THE ESSENTIAL GUIDE  
TO TALK TRUE, BE SEEN,  
AND (FINALLY) LIVE FREE**

Reviewed by Nancy Eichhorn, PhD



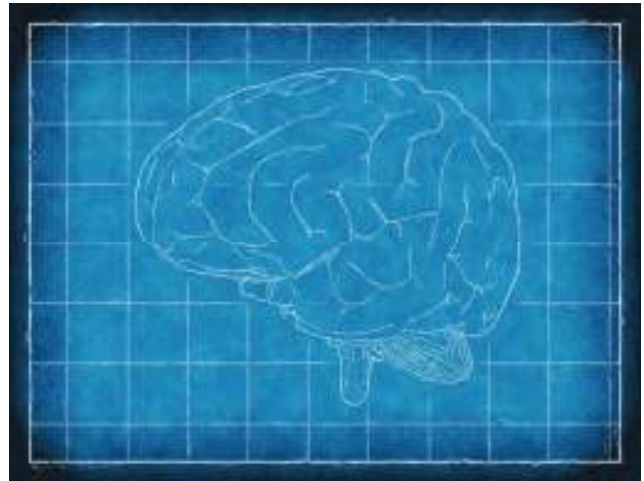
My inner editor smiles (envison a Cheshire Cat grin) when reviewing a new book and its layout includes all the necessary guideposts. *Boundary Boss: The Essential Guide to Talk True, Be Seen, and (Finally) Live*

*Free* by Terri Cole is a well-written, well-thought-out and laid-out guide for people wanting to address their lack of boundaries and learn how to create healthy ones to benefit their lives. The text is designed to inform, educate, and support readers as they confront what is and consider what may be.

The book is divided into two parts: Connecting the dots to the past and Creating the new normal. Readers learn how they might have come to be boundaryless or challenged when it comes to setting boundaries and how to move from past patterning to clear out the old and create the new.



In part one, readers unearth their “boundary blueprint” to discover conscious and unconscious ways they relate to boundaries. Inner child work is designed to highlight the reality that younger parts of ourselves might be the ones making critical decisions for our lives today. Perhaps not such a great idea. To address this, Terri offers what she calls the 3Rs: Recognize, Release, Respond.



Part two invites readers to play with the tools, strategies and scripts and customize them to fit their comfort level. There is a step-by-step process to develop a “proactive boundary plan” and what to do when “boundary destroyers” try to sabotage your growth.

Terri offers pointers on how to use the book. For starters, she notes that it is designed to be read in chronological order, page 1 leads to page 2 and so forth. You have to build a foundation of understanding and begin to cement concepts into your psyche (well, at least do the exercises throughout each chapter so what comes next makes sense). Her organizational layout includes:

- True Talk Tips: she recaps key concepts in each chapter
- Back to You: spur of the moment assessments to help readers personalize the information and apply it to their unique situation
- Boundary Boss in Action: At the end of each chapter there are Top of Mind activities help to expand self-awareness and Go Deeper integration exercises, noted as essential to help create sustainable change.

There is an online portal, yay, filled with bonus material including downloadable, manageable timewise meditations (mini grounding-2 minutes, calm in the storm-8 minutes, self-love-5 minutes, and guilt free boundaries-10 minutes); PDFs are available including the Boundary Boss Bill of Rights, Go Deeper activities, and useful scripts to start language-ing boundary setting in situations with family, friends, colleagues.



Meditation is a necessary component in this process; thus experientials are offered in the book and online. Terri also recommends downloading a free application (Insight Timer with over 130,000 meditations) so there's no reason people cannot carve out time and try. She recommends meditating first thing in the morning, noting "here is a space between fully asleep and fully awake that is the perfect mind space to plant intentions and expand internal peace."

She also highly recommends creating a "safe and cozy space in your home" to focus on your internal space, a Zen Den. Here you can meditate, journal, do the integration exercises, sit in stillness and daydream. This is your place to come and ground, to be in the moment of here and now, not living forward or backward, just breathing (and yes there are free applications to help you breathe with focused intention).

This is an effective package with only one piece missing to perfect it: The reader's willingness to follow through.

This book has enough accessible content and experiential support for committed readers to create lasting change. But nothing will happen if readers do not take the time to immerse themselves in what is being offered. The activities are not time exhaustive. Readers can dig as deep as they want, journal and meditate as long as they want. The idea, however, is to journal, to meditate, to create the space one needs to look at, with curiosity, what was and to consider what might be and how to move toward that without self-sabotage.

Terri recommends that readers pace themselves. This isn't meant to be read in one sitting and miraculously you are fortified with the reserves and resiliency to create healthy boundaries. This is a process that takes time, space, moments of inaction in order to wake up what has been dormant or perhaps sculpt what never existed to reveal your truest essence so it can shine in all variations of light (think bright to shadow), move with equal grace through the thickest or the thinnest of experiences, and land in balance with pleasure in simply being you.



Terri Cole is a licensed psychotherapist, global relationship and empowerment expert, and the author of *Boundary Boss-The Essential Guide to Talk True, Be Seen and (Finally) Live Free*. For over two decades, Terri has worked with a diverse group of clients that includes everyone from stay-at-home moms to celebrities and Fortune 500 CEOs. She has a gift for making complex psychological concepts accessible and actionable so that clients and students achieve sustainable change. She inspires over 450,000 people weekly through her blog, social media platform, signature courses, and her popular podcast, *The Terri Cole Show*. For more, see [terricole.com](http://terricole.com)

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