

## Episode-14

### Boundaries are Like Healthy Diet for Us

Do we find it difficult to say No to others' demands? Do we overstretch ourselves to be liked and accepted by all? Why do we let other people and their requests encroach upon our time, energy and space? The underlying cause of it all: Unhealthy boundaries. Boundaries are our force field, and we are in charge of protecting and preserving it. Because, ironically, it is boundaries that safeguard our freedom and make it meaningful.

Tune in to today's podcast as we dwell deeper into the realm of boundaries.

Join my podcast elan vital Sumedha Kataria talks on Thursday evening

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