

FROM  
THE GREEN  
NOTEBOOK



THE PODCAST



*“People will take as much as  
you are willing to give.”*

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**MELISSA URBAN**

Author of *The Book of Boundaries*

Melissa Urban, the CEO of [Whole30](#) and author of [The Book of Boundaries: Set the Limits That Will Set You Free](#), joins Joe to discuss the importance of setting boundaries in our professional lives so that we can avoid burnout, be present at home, and show up to work as the best version of ourselves. Melissa and Joe talk about how to approach topics like asking your boss not to call, email, or send texts messages after hours and how leaders can model

similar behavior within their organizations.

[Click here](#) to listen to the episode

## Meet Melissa (@Mellisau)

Melissa is a New York Times best-selling author who specializes in helping people establish healthy boundaries and successfully navigate habit change. She has been featured by the New York Times, People, the Wall Street Journal, Forbes, The Today Show, and Good Morning America, and is a prominent keynote speaker on boundaries, building community, health trends, and entrepreneurship. She lives in Salt Lake City, UT with her husband, son, and a poodle named Henry. Learn more about her and her work at [her website](#).

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