



Boundaries: When to Say Yes, How to Say No, to Take Control of Your Life

By Dr Henry Cloud

Zondervan on Brilliance Audio, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Christians often focus so much on being loving and giving that they forget their own limits and limitations. Have you ever found yourself wondering: - Can I set limits and still be a loving person?- How do I answer someone who wants my time, love, energy, or money?- Why do I feel guilty when I consider setting boundaries? In this Gold Medallion Award-winning book, Drs. Henry Cloud and John Townsend give you biblically based answers to these and other tough questions, and show you how to set healthy boundaries with your parents, spouses, children, friends, coworkers, and even yourself. Boundaries are personal property lines that define who you are and who you are not, and influence all areas of your life. Physical boundaries help you determine who may touch you and under what circumstances. Mental boundaries give you the freedom to have your own thoughts and opinions. Emotional boundaries help you deal with your own emotions and disengage from the harmful, manipulative emotions of others. Spiritual boundaries help you distinguish God's will from your own and give you renewed awe for your Creator. Unpacking ten...



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Very good e-book and valuable one. It can be written in basic words and phrases and not confusing. You will not really feel monotony at whenever you want of your own time (that's what catalogues are for concerning should you check with me).

-- **Mr. Antwon Frami**

It is a single of my personal favorite ebook. It really is filled with wisdom and knowledge I discovered this book from my dad and I recommended this book to discover.

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