

# ETfs5 [GET] Boundaries: When to Say Yes, How to Say No to Take Control of Your Life

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This New York Times best-selling and award-winning book helps listeners set healthy boundaries in order to be the loving people God created and now offers a whole new chapter. Are you in control of your life? 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 and New York Times best seller, 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. This updated and expanded edition specifically addresses boundaries in the digital age, online dating, single parenting, and the workplace. Boundaries are personal property lines that define who you are and who you are not and influence all areas of your life - physically, mentally, emotionally, spiritually. Unpacking 10 laws of boundaries, Drs. Cloud and Townsend show you how to bring new health to your relationships. You'll discover firsthand how sound boundaries give you the freedom to walk as the loving, giving, fulfilled individual God created you to be.

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