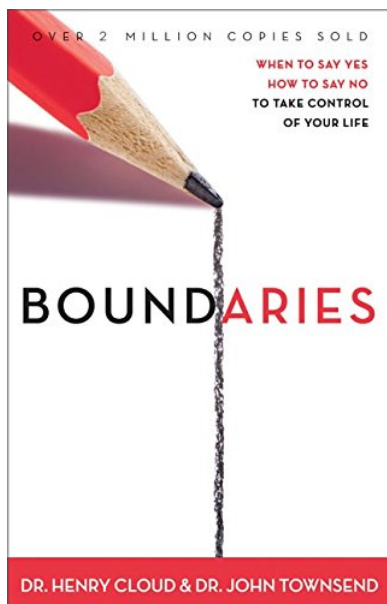


8qe6s [GET] Boundaries: When to Say Yes, When to Say No, To Take Control of Your Life: When to Say Yes, How to Say No, to Take Control of Your Life



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Dr. Henry Cloud and Dr. John Townsend aim to help you set boundaries in your personal life with biblical reasons. As boundaries define who we are and who we are not, it is important to keep focused on God and what He would do. Boundaries helps you to set your own personal boundaries with people, biblically and practically. Dr. Henry Cloud and Dr. John Townsend seek to do this by answering tough questions such as: Can I set limits and still be a loving person? and Why do I feel guilty when I consider setting boundaries? Having clear boundaries is essential to a healthy, balanced lifestyle. Boundaries define who we are and who we are not. Boundaries impact all areas of our lives: Physical boundaries help us determine who may touch us, mental boundaries give us the freedom to have our own thoughts, emotional boundaries help us to deal with our own emotions and spiritual boundaries help us to distinguish God's will from our own. This book helps you to set your personal boundaries biblically.

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