



Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life

Henry Cloud, John Townsend

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This nine-session small group study, *Boundaries Revised*, by Dr.'s Henry Cloud and John Townsend uncovers the secrets to cultivating the habit of setting and maintaining healthy boundaries that provide the framework for rich, productive relationships.

Healthy relationship and sound living depend on maintaining effective personal boundaries. But many people don't know where to start.

Do you have trouble saying no? Can you set limits and still be a loving person? Are you in control of your life? Do people take advantage of you?

Based on the bestselling book by Drs. Henry Cloud and John Townsend, these nine interactive sessions can make a life-changing difference. Drawing on principles from the Bible, Boundaries guides small groups on a journey of discovery and practical application.

As a participant, you'll learn how to live your life more fully and display truth and love more freely. Each of the nine Boundaries sessions in the Participant Guide corresponds with a video presentation by Drs. Cloud and Townsend (found in the companion DVD, sold separately).

It's the centerpiece for insights, exercises, and spirited group discussion that can profoundly improve the quality of your relationships in every sphere of life?marriage, family, friendships, church, and the workplace.

Now revised to enhance both your group experience and personal growth, this Participant's Guide features insights, exercises, and all the practical resources for maximizing both group participation and personal growth. Its designed for use with the Revised nine-session Boundaries small group DVD (sold separately),

Sessions include:

1. What is a Boundary?
2. Understanding Boundaries
3. The Laws of Boundaries, Part I
4. The Laws of Boundaries, Part 2
5. Myths about Boundaries
6. Boundary Conflicts, Part I

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Ben Hernandez:

Reading a book to get new life style in this calendar year; every person loves to read a book. When you read a book you can get a great deal of benefit. When you read publications, you can improve your knowledge, since a book has a lot of information upon it. The information that you will get depends on what types of book that you have read. If you need to get information about your study, you can read education books, but if you want to entertain yourself look for fiction books, this sort of us novel, comics, as well as soon. The Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life offer you a new experience in reading through a book.

Elijah McWhorter:

In this period of globalization it is important to someone to get information. The information will make you to definitely understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You will observe that now, a lot of publishers that will print many kinds of book. Often the book that recommended for you is Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life this book consists a lot of the information on the condition of this world now. That book was represented how the world has grown up. The terminology styles that writer require to explain it is easy to understand. The writer made some research when he makes this book. Here is why this book suitable all of you.

Lucy Carson:

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