



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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Deborah Beaudry:

The particular book Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life has a lot of knowledge on it. So when you read this book you can get a lot of help. The book was compiled by the very famous author. Tom makes some research just before write this book. This kind of book very easy to read you will get the point easily after reading this book.

Gail Kennedy:

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