



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

By 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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Editorial Review

Review

'This book is going to provide a doorway of understanding and freedom for those of us who have allowed ourselves to be buried in the inability to say no. Thank you once again, Henry and John, for helping us toward freedom.' -- Rich Buhler, Author

'Boundaries define everything from football fields to nation-states, yet our culture has pretended it could violate boundaries in human relationships without serious consequences. Cloud and Townsend examine the damage caused by this flawed view and point the way back.' -- Cal Thomas, Author

'Dr. Henry Cloud and Dr. John Townsend have great insights and practical wisdom into the God-given gift of boundaries. As they discuss how to take responsibility for and ownership of our lives, they give hope that we cannot just survive -- but thrive!' -- Josh McDowell, Author

'In this insightful and extremely helpful book, you will learn about a simple concept that can change your life: healthy boundaries. It's the ability to mark off your life in such a way that you multiply your love for others and minimize the problems you face. And it's waiting for you when you open this book I highly recommend.' -- John Trent, PhD, President

'I've heard a myriad of sermons on Christian servanthood that never discussed the value of saying 'NO!' in order to confront in love or to provide space to recharge the batteries. 'Boundaries' is the 'Untold Story' -- the other side of love and servanthood that we need so desperately but that we hear so little about.' -- Howard G. Hendricks, Chairman

From the Back Cover

Healthy relationship and sound living depend on maintaining effective personal boundaries. But many people don't know where to start. Here's where---with the Boundaries ZondervanGroupware™. 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 contains a video presentation by Drs. Cloud and Townsend. 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 gives you practical tools for cultivating the habits of productive relationships. For use with Boundaries small group DVD, also available.

About the Author

Dr. Henry Cloud is an acclaimed leadership expert, psychologist, and New York Times best-selling author with his books selling more than 10 million copies. As a speaker, Dr. Cloud has shared the stage with many business and global leaders and experts, such as Tony Blair, Jack Welch, Condoleezza Rice, Desmond Tutu, Malala Yousafzai, and others. In his leadership consulting practice, Dr. Cloud works with Fortune 500 companies and smaller private businesses alike. He has an extensive executive coaching background and experience as a leadership consultant, devoting the majority of his time working with CEO's, leadership teams and executives to improve performance, leadership skills, and culture. Dr. Cloud lives in Los Angeles with his wife, Tori, and their two daughters, Olivia and Lucy.

Dr. John Townsend is a leadership consultant, psychologist, and New York Times bestselling author. He has written twenty-seven books, selling 10 million copies, including the 3 million-selling Boundaries series. John is founder of the Townsend Institute for Leadership and Counseling and conducts the Townsend Leadership program. He travels extensively for corporate consulting, speaking, and working with leadership families. He and his wife Barbi have two sons, and live in Newport Beach, California. One of John's favorite hobbies is playing in a band that performs in Southern California lounges and venues.

Users Review

From reader reviews:

Lillian Tobias:

The book Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life can give more knowledge and also the precise product information about everything you want. Why then must we leave the good thing like a book Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life? A few of you have a different opinion about e-book. But one aim that book can give many details for us. It is absolutely appropriate. Right now, try to closer with the book. Knowledge or facts that you take for that, you could give for each other; it is possible to share all of these. Book Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life has simple shape but you know: it has great and large function for you. You can search the enormous world by available and read a book. So it is very wonderful.

Robert Stewart:

Information is provisions for anyone to get better life, information today can get by anyone on everywhere. The information can be a knowledge or any news even a problem. What people must be consider if those information which is inside former life are difficult to be find than now's taking seriously which one is appropriate to believe or which one the actual resource are convinced. If you have the unstable resource then you buy it as your main information you will see huge disadvantage for you. All those possibilities will not happen throughout you if you take Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life as your daily resource information.

Carlos Pollard:

This Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life is great publication for you because the content which is full of information for you who also always deal with world and also have to make decision every minute. That book reveal it data accurately using great organize word or we can declare no rambling sentences inside. So if you are read this hurriedly you can have whole facts in it. Doesn't mean it only provides you with straight forward sentences but tough core information with splendid delivering sentences. Having Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life in your hand like obtaining the world in your arm, data in it is not ridiculous one. We can say that no reserve that offer you world within ten or fifteen minute right but this reserve already do that. So , it is good reading book. Hi Mr. and Mrs. active do you still doubt

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Olivia Dickert:

This Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life is completely new way for you who has interest to look for some information since it relief your hunger of information. Getting deeper you on it getting knowledge more you know or you who still having tiny amount of digest in reading this Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life can be the light food to suit your needs because the information inside this particular book is easy to get by simply anyone. These books develop itself in the form that is reachable by anyone, sure I mean in the e-book contact form. People who think that in book form make them feel tired even dizzy this guide is the answer. So there is no in reading a book especially this one. You can find what you are looking for. It should be here for you. So , don't miss it! Just read this e-book style for your better life in addition to knowledge.

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