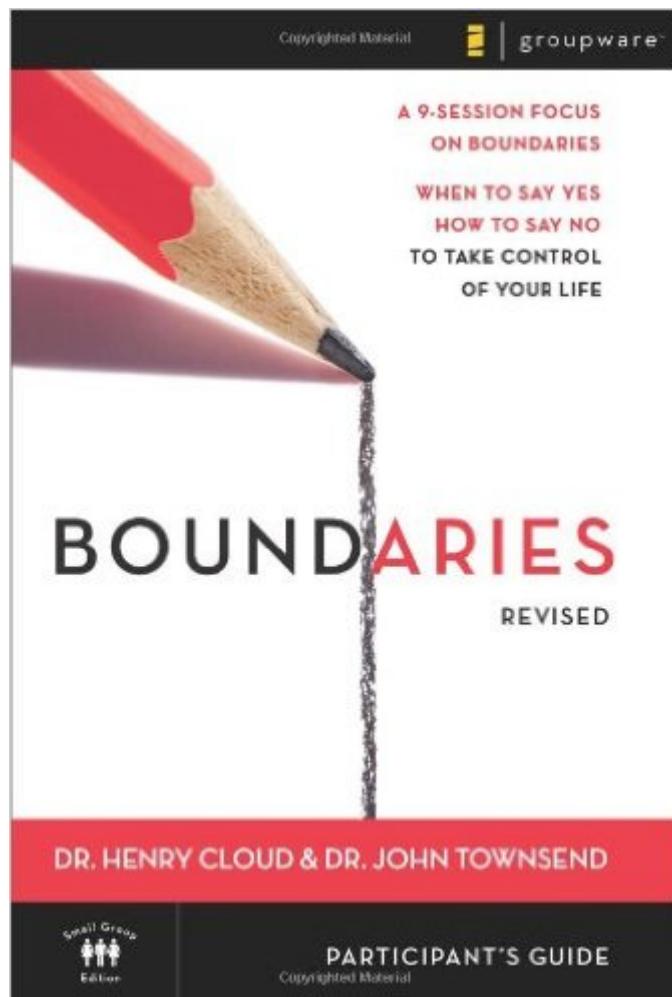


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# Boundaries Participant's Guide---Revised: When To Say Yes, How To Say No To Take Control Of Your Life



## Synopsis

This nine-session small group study, *Boundaries Revised*, by Dr.â™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 donâ™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, youâ™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). Itâ™s the centerpiece for insights, exercises, and spirited group discussion that can profoundly improve the quality of your relationships in every sphere of lifeâ•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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## Customer Reviews

This book REQUIRES a separate purchase of the DVD. fails to mention that. also fails to mention that the book is totally useless without the required DVD. Just know what you're getting. If you are involved as a participant in a study group and the leader has the DVD, the book will be useful and is at a good price. If you planned on this book being used as a personal growth tool, just know that without the purchase of the DVD, this book will be useless to you. *Boundaries*

I buy this book in mass quantities because I am a counselor at my church and in my opinion it is the best book I have found in 35 years for helping people to recover from hurts and abuse and develop strong healthy relationships. I recommend it to everyone who is struggling with relationship issues.

I didn't think I had "boundary" issues when my coach recommended that I read this book. I am not a push-over person, but a very goal oriented, driven individual. In fact, when I read the first chapter of "Boundaries", I thought the person described was definitely not like me! It took the help of an excellent coach, using this book, to help me uncover the truth about myself. Since I was so "strong" I tried to carry others burdens that were not meant for me to carry. I hated asking for help. With the help of "Boundaries" I learned to set aside time for myself, to be emotionally honest with myself and others. I realized that like Sherri (in chapter 1), my validation of others feelings and my appeasement to prevent confrontation was causing me to deny myself and thus live a lie. I am learning to better guard my heart and carry my own load with the help found in this book. I highly recommend it.

The best psychology book I've read in a long time. Immediately pertinent for all people, in any and all relationships. The first two chapters tries a little too hard to sell you on the book, but then he gets into the meat of the material. It has strong Christian underpinnings, but the principles are still very reachable even for those of undecided faith.

You really need to buy the book to accompany this workbook and the DVD. We are managing without it, but the DVD is not very informative. Just more of a re-reading of the workbook. So if you are going to use this in your small group you will need to buy the DVD, the workbook, and the actual book to read as a supplement to get the best out of this series.

This is wonderful material. Henry Cloud helps us to sort through the issues of our past preventing us from having meaningful relationships today. We so often are stuck in repeat relationship failures or difficulty with true intimacy. This material helps us wade through the source of today's issues making it possible for more rewarding tomorrow's with those we love.

I met up w/ another person in a small study to discover our study guides were not identical; mine didn't even coincide w/ ea. chapter of the book. I do like that there are scenarios and summaries w/n the lesson, so that you could understand and thereby provide feedback.

This book is a cracker. So many of us are really bad at setting boundaries in our relationships, especially in the church. Get it, read it, find a new freedom, health and enjoyment in your relationships. Learn to treat others as you would like to be treated.

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