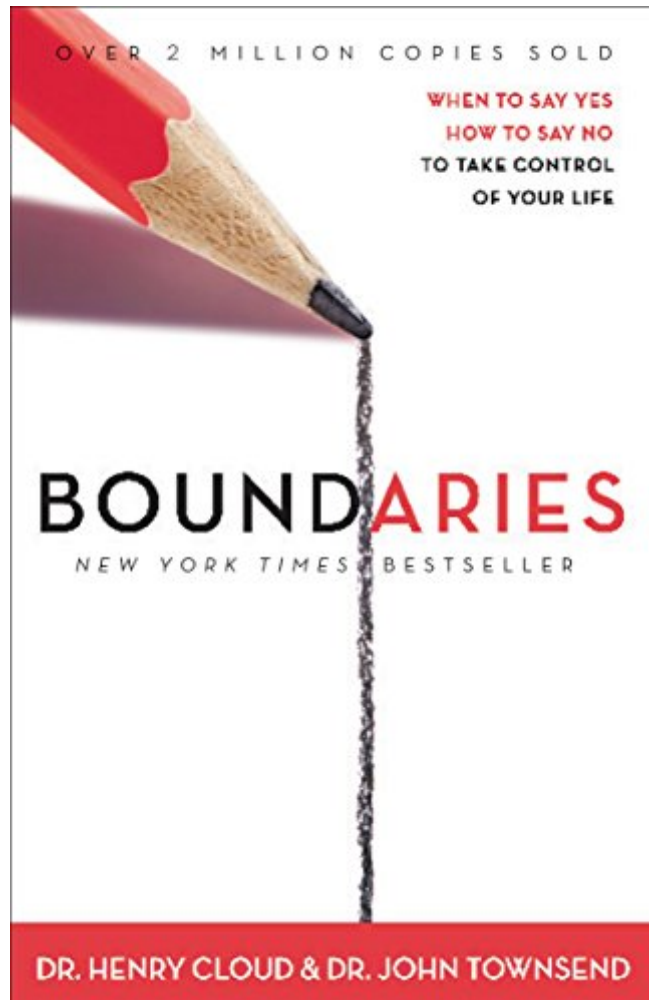




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Boundaries: When To Say Yes, How To Say No



Synopsis

Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other words, 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 and under what circumstances -- Mental boundaries give us the freedom to have our own thoughts and opinions -- Emotional boundaries help us to deal with our own emotions and disengage from the harmful, manipulative emotions of others -- Spiritual boundaries help us to distinguish God's will from our own and give us renewed awe for our Creator -- Often, Christians focus so much on being loving and unselfish that they forget their own limits and limitations. When confronted with their lack of boundaries, they ask: - Can I set limits and still be a loving person? - What are legitimate boundaries? - What if someone is upset or hurt by my boundaries? - How do I answer someone who wants my time, love, energy, or money? - Aren't boundaries selfish? - Why do I feel guilty or afraid when I consider setting boundaries? Dr. Henry Cloud and Dr. John Townsend offer biblically-based answers to these and other tough questions, showing us how to set healthy boundaries with our parents, spouses, children, friends, co-workers, and even ourselves.

Book Information

File Size: 3685 KB

Print Length: 321 pages

Simultaneous Device Usage: Up to 5 simultaneous devices, per publisher limits

Publisher: Zondervan (September 9, 2008)

Publication Date: September 9, 2008

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B000FC2K9W

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #2,771 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle

Store > Kindle eBooks > Religion & Spirituality > Christian Books & Bibles > Christian Living > Dating & Relationships #2 in [Kindle Store > Kindle eBooks > Religion & Spirituality > Christian Books & Bibles > Christian Living > Self-Help](#) #3 in [Books > Christian Books & Bibles > Christian Living > Dating & Relationships](#)

Customer Reviews

He makes some excellent points and this definitely influenced how I think about things. However, I disagree with him strongly in one point and I feel that he skirted one important issue. Near the end of the book he gives an example where a child refuses to go to school and the mother realizes she "can't make the child go to school" but sets the boundary that the child will have to stay in his room if he doesn't go to school. The problem with that logic is, if you can't "make a child go to school" how can you "make a child stay in his room"? We can't make a child enjoy school or even pay attention to the teachers, these things take incentives and consequences, but parents do still need to hold onto the reins on certain issues. It is a delicate line, but I can and do "make" my children go to school. The other issue is one of an abusive marriage. He talks about putting up boundaries and leaving for the night if these boundaries are violated. This is always done for a short period of time and then the abused spouse returns home. There are situations where this is effective. But in a true abusive situation (physical or mental) it is playing with fire to leave and return over and over. The physical abuser can be deadly. A mental abuser will learn how to better manipulate her victim without his realizing that his boundaries have been violated and thereby twisting reality even further. Any abusive person is not to be trifled with, and without genuine repentance and clear signs of change one is foolish to continue to expose themselves to that risk regardless of history, children, or feelings. For all of his insight, I am shocked that this is not made more clear.

This book has been around for a number of years and is as current and applicable as it was upon first writing It is broken down into specific chapters that deal with a variety of boundary challenges we may have . I have found the chapter on Boundary Myths, and boundaries with myself to be particularly helpful.

If you have ever had a one sided relationship with a loved one where they have boundaries of their own but you have never set up boundaries for yourself with them, then you will eventually experience the dire need to set up your own boundaries and know why and how to do just that. I think that this is an amazing book to understand why everyone should have boundaries of some

kind in their relationships. I now understand why just being a loving and good person is not the foundation of a good and balanced relationship but is actually the finished part of it. After reading the book, twice, I believe that if a relationship has boundaries on both sides, as a foundation, then the outcome of that relationship will give way to a loving and deep friendship or love relationship and it will foster self respect and respect for others. We all go hay wire in how we deal with our daily lives with others and how we treat them in what we consider good or bad but I now understand that we must not let that be the influence of how we treat others. This book sounds like common sense but is actually more than just that. I love how every chapter, I was able to see a little of me in it and how I could get more from my life and my relationships by being up front in a loving way and knowing that God didn't make us all just door mats. Christ doesn't give us anything and everything we want but instead he gives us what he knows we need and what he is willing to give us to build our relationship up with him into one of thankfulness, trust, love and his Grace. I now understand that we are practicing this now so that we can have a closer relationship with Him through eternity. I believe this book is a gift to anyone that reads it. I also read his book "Boundaries with Kids" and highly recommend it to everyone. I don't think it is just for young parents with growing children or a growing family. I actually read it first and through it wanted to read this book "Boundaries". So many books that try to help us overcome relationships in our lives, stress the good the bad and the ugly. These books written by Cloud and Townsend stress the Golden Rule and it really encompasses loving ourselves through having boundaries before we can love others. The "Kids" book would make the most wonderful gift to a young couple with a new baby. I wish I had read this book when our children were growing up.

Good book. This was recommended to me and it was very helpful for me at a difficult time in my life. I do recommend this book for anyone who having a hard time trying to figure out how to deal with these type of issues.

I've struggled with not drawing proper boundaries in the past and codependency. This book is really helpful, it's Biblically based and sound. It's really helped me to overcome the feelings of guilt I would have by not always being there for people that I perceived needed me.

The topics and content are good. But I'd prefer a "summarized" (condensed) version. It just felt like he took FOREVER to make each point, and then reiterated each one to death with example after example. If you can get past that aspect, or if you're not entirely sold on the idea that you may

actually need to set boundaries in your life, then you might get more out of it. I was just hoping for a more "trimmed down" approach, since I'm well aware of the need for boundaries when it comes to work, friends, and family.

This book is truly life-changing! Biblical examples to back up how not to be a door mat but remain or strive to be a good follower of Jesus Christ. I could not put the book down. I also ordered copies for 2 friends and my daughter.

Great book!!! I am very familiar with a few of the scenarios in this book, and some I didn't really realize that they were boundary issues. This is a great book for anyone feeling overwhelmed.

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