



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 ZondervanGroupwareTM. 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:

Scott Roche:

This Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life book is not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is definitely information inside this book incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. This Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life without we understand teach the one who examining it become critical in considering and analyzing. Don't end up being worry Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life can bring whenever you are and not make your case space or bookshelves' become full because you can have it within your lovely laptop even mobile phone. This Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life having fine arrangement in word as well as layout, so you will not feel uninterested in reading.

Lily Pawlak:

Now a day people who Living in the era everywhere everything reachable by talk with the internet and the resources included can be true or not involve people to be aware of each data they get. How individuals to be smart in getting any information nowadays? Of course the solution is reading a book. Studying a book can help persons out of this uncertainty Information mainly this Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life book since this book offers you rich details and knowledge. Of course the knowledge in this book hundred per-cent guarantees there is no doubt in it you know.

Brooke Callender:

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Linda Gabriel:

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