



# Boundaries Workbook: When to Say Yes When to Say No To Take Control of Your Life

*By Henry Cloud, John Townsend*

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## **Boundaries Workbook: When to Say Yes When to Say No To Take Control of Your Life** By Henry Cloud, John Townsend

Draw the line . . . Used with its companion book, Boundaries, this workbook will provide practical, non-theoretical exercises that will help you set healthy boundaries with parents, spouses, children, friends, co-workers, and even yourself . . . by drawing on God's wisdom. Being a loving and unselfish Christian does not mean never telling anyone no. This workbook helps you discover what boundaries you need and how to avoid feeling guilty about setting them. It will give you biblically based answers to questions you have about boundaries.

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**Boundaries Workbook: When to Say Yes When to Say No To Take Control of Your Life** By Henry Cloud, John Townsend Bibliography

- Sales Rank: #1717 in Books
- Brand: HarperCollins Christian Pub.
- Published on: 1995-05-18
- Released on: 1995-05-06
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .63" w x 7.36" l, .85 pounds
- Binding: Paperback
- 219 pages

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### **Editorial Review**

#### **Review**

'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

'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

'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

'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**

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#### **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:**

#### **Alicia Mendes:**

Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite publication and reading a book. Beside you can solve your condition; you can add your knowledge by the e-book entitled Boundaries Workbook: When to Say Yes When to Say No To Take Control of Your Life. Try to the actual book Boundaries Workbook: When to Say Yes When to Say No To Take Control of Your Life as your friend. It means that it can for being your friend when you sense alone and beside those of course make you smarter than previously. Yeah, it is very fortunated in your case. The book makes you more confidence because you can know every thing by the book. So , we need to make new experience and also knowledge with this book.

#### **James Shafer:**

Now a day folks who Living in the era everywhere everything reachable by talk with the internet and the resources inside it can be true or not call for people to be aware of each data they get. How people have to be smart in getting any information nowadays? Of course the solution is reading a book. Reading through a book can help persons out of this uncertainty Information specially this Boundaries Workbook: When to Say Yes When to Say No To Take Control of Your Life book because this book offers you rich data and knowledge. Of course the data in this book hundred per cent guarantees there is no doubt in it everbody knows.

#### **James Bauer:**

Is it you who having spare time after that spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something new? This Boundaries Workbook: When to Say Yes When to Say No To Take Control of Your Life can be the response, oh how comes? It's a book you know. You are consequently out of date, spending your extra time by reading in this completely new era is common not a geek activity. So what these publications have than the others?

#### **Joyce Bullock:**

Reading a guide make you to get more knowledge as a result. You can take knowledge and information coming from a book. Book is created or printed or outlined from each source which filled update of news. In

this modern era like at this point, many ways to get information are available for anyone. From media social similar to newspaper, magazines, science publication, encyclopedia, reference book, story and comic. You can add your understanding by that book. Isn't it time to spend your spare time to open your book? Or just searching for the Boundaries Workbook: When to Say Yes When to Say No To Take Control of Your Life when you desired it?

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