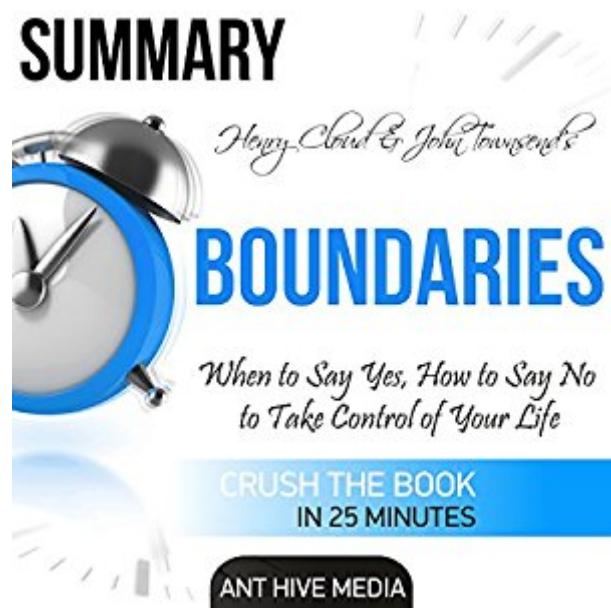


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# Summary Henry Cloud & John Townsend's Boundaries: When To Say Yes, How To Say No To Take Control Of Your Life



## Synopsis

This is a summary of Henry Cloud & John Townsend's best-seller *Boundaries: When to Say Yes, How to Say No to Take Control of Your Life*. 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, coworkers, and even ourselves. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour the full book. You get the main summary along with all of the benefits and lessons the actual book has to offer. This is a summary that is not intended to be used without reference to the original book.

## Book Information

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