

Read Online Boundaries  
Workbook When To Say Yes  
When To Say No To Take  
Control Of Your Life

**Boundaries Workbook**  
**When To Say Yes**  
**When To Say No To**  
**Take Control Of Your**

Read Online Boundaries

Workbook When To Say Yes

**Life**

When To Say No To Take

*The instant New York Times*

*bestseller End the struggle, speak up  
for what you need, and experience  
the freedom of being truly yourself.*

*Healthy boundaries. We all know we  
should have them--in order to*

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Read Online Boundaries  
Workbook When To Say Yes  
When To Say No To Take  
Control Of Your Life

*achieve work/life balance, cope with toxic people, and enjoy rewarding relationships with partners, friends, and family. But what do "healthy boundaries" really mean--and how can we successfully express our needs, say "no," and be assertive without offending others? Licensed*

## Read Online Boundaries Workbook When To Say Yes

*When To Say No To Take Control Of Your Life*  
counselor, sought-after relationship expert, and one of the most influential therapists on Instagram Nedra Glover Tawwab demystifies this complex topic for today's world. In a relatable and inclusive tone, *Set Boundaries, Find Peace* presents simple-yet-powerful ways to establish

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*When To Say No To Take  
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*healthy boundaries in all aspects of life. Rooted in the latest research and best practices used in cognitive behavioral therapy (CBT), these techniques help us identify and express our needs clearly and without apology--and unravel a root problem behind codependency,*

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*When To Say No To Take  
Control Of Your Life*  
power struggles, anxiety, depression,  
burnout, and more.

*Only when you and your mate know  
and respect each other's needs,  
choices, and freedom can you give  
yourselves freely and lovingly to one  
another. Boundaries in Marriage  
gives you the tools you need. Drs.*

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*When To Say No To Take Control Of Your Life*  
Henry Cloud and John Townsend,  
counselors and authors of the award-  
winning bestseller *Boundaries*, show  
you how to apply the principles of  
boundaries to your marriage. This  
book helps you understand the  
friction points or serious hurts and  
betrayals in your marriage -- and

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*move beyond them to the mutual care, respect, affirmation, and intimacy you both long for.*

*All growth is spiritual growth.*

*Authors Drs. Cloud and Townsend unlock age-old keys to growth from Scripture to help people resolve issues of relationships, maturity,*

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*When To Say No To Take Control Of Your Life*  
emotional problems, and overall spiritual growth. They shatter popular misconceptions about how God operates and show that growth is not about self-actualization, but about God's sanctification. In this theological foundation to their best-selling book *Boundaries*, they

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*discuss:*

- *What the essential processes are that make people grow*
- *How those processes fit into a biblical understanding of spiritual growth and theology*
- *How spiritual growth and real-life issues are one and the same*
- *What the responsibilities are of pastors,*

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*counselors, and others who assist  
people in growing—and what your  
own responsibilities are in your  
personal growth*

*Boundaries Workbook When to Say  
Yes, How to Say No to Take Control  
of Your Life Zondervan  
Unfuck Your Boundaries*

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*When To Say No To Take  
Control Of Your Life*  
*How to Change the Withdrawal  
Patterns That Isolate and Imprison  
You*

*Body Kindness*

*Transform Your Boundaries*

*How to Set Strong Boundaries, Say  
No Without Guilt, and Maintain Good  
Relationships With Your Parents,*

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*Family, and Friends*

*A CBT-Based Program to Help You  
Set Limits, Express Your Needs, and  
Create Healthy Relationships*

*The Employees, Businesses, and  
Relationships That All of Us Have to  
Give Up in Order to Move Forward*

This book explores consent and

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respect with children especially in relation to body boundaries, both theirs and others. A child growing up knowing they have a right to their own personal space, gives that child ownership and choices as to what happens to them.

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These concepts are presented in a child-friendly and easily-understood manner.

The New York Times bestselling book Boundaries has already helped millions understand that being a loving Christian doesn't

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mean you always have to say yes. Designed to help you create your own life-giving boundaries, Boundaries Workbook provides practical wisdom for setting boundaries in a highly connected digital age. This companion guide

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When To Say No To Take  
Control Of Your Life  
to Boundaries by Drs. Henry  
Cloud and John Townsend

provides practical readings and prompts that will encourage you and teach you how to set healthy, necessary boundaries with your parents, spouse, children, friends,

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When To Say No To Take  
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bosses, coworkers, social media,  
and more in order to help you  
become the best version of  
yourself. Following the latest  
edition of Boundaries chapter-by-  
chapter, these interactive  
exercises are designed to help you

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take a closer look at your own life and ask yourself: Why do I feel guilty about setting clear boundaries? What if the boundaries I set hurt the other person? Why is it difficult for me to hear no from others? What are

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When To Say No To Take  
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examples of legitimate boundaries  
I can set at work and at home?

How can I have good boundaries  
online and with social media? Can  
I stay connected while still setting  
boundaries with my phone?

Boundaries Workbook gives you

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the support and the Scripture you need to help others respect your boundaries--whether you want to improve your work-life balance or you're practicing saying no when someone asks you to volunteer for one more activity. Discover

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firsthand that having good, biblical boundaries gives you the freedom to live as the loving, generous, fulfilled person God created you to be.

End Pain. Foster Personal and Professional Growth. Live Better.

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When To Say No To Take  
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While endings are a natural part of business and life, we often experience them with a sense of hesitation, sadness, resignation, or regret. But consultant, psychologist, and bestselling author Dr. Henry Cloud sees

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endings differently. He argues that our personal and professional lives can only improve to the degree that we can see endings as a necessary and strategic step to something better. If we cannot see endings in a positive light and

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execute them well, he asserts, the "better" will never come either in business growth or our personal lives. In this insightful and deeply empathetic book, Dr. Cloud demonstrates that, when executed well, "necessary endings" allow us

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to proactively correct the bad and the broken in our lives in order to make room for the professional and personal growth we seek. However, when endings are avoided or handled poorly—as is too often the case—good

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opportunities may be lost, and misery repeated. Drawing on years of experience as an executive coach and a psychologist, Dr. Cloud offers a mixture of advice and case studies to help readers know when to

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have realistic hope and when to execute a necessary ending in a business, or with an individual; identify which employees, projects, activities, and relationships are worth nurturing and which are not; overcome

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people's resistance to change and create change that works; create urgency and an action plan for what's important; stop wasting resources needed for the things that really matter. Knowing when and how to let go when

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something, or someone, isn't working—a personal relationship, a job, or a business venture—is essential for happiness and success. Necessary Endings gives readers the tools they need to say good-bye and move on.

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Break Free From Over-  
Functioning, Over-Delivering,  
People-Pleasing, and Ignoring  
Your Own Needs So You Can  
Finally Live the Life You Deserve!  
Most of us were never taught how  
to effectively express our

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preferences, desires or deal-breakers. Instead, we hide our feelings behind passive-aggressive behavior, deny our own truths, or push our emotions down until we get depressed or so frustrated that we explode, potentially

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destroying hard-won trust and relationships. The most successful and satisfied people on the planet have one thing in common: the ability to create and communicate clear, healthy boundaries. This ability is, hands down, the biggest

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game changer when it comes to creating a healthy, happy, self-determined life. In *Boundary Boss*, psychotherapist Terri Cole reveals a specific set of skills that can help you stop abandoning yourself for the sake of others (without

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guilt or drama) and get empowered to consciously take control of every aspect of your emotional, spiritual, physical, personal, and professional life. Since becoming a Boundary Boss is a process, Cole also offers

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actionable strategies, scripts, and techniques that can be used in the moment, whenever you need them. You will learn: How to recognize when your boundaries have been violated and what to do next How your unique “Boundary

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Blueprint” is unconsciously driving your boundary behaviors, and strategies to redesign it Powerful boundary scripts so in the moment you will know what to say How to manage “Boundary Destroyers”—including emotional

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manipulators, narcissists, and other toxic personalities Where you fall on the spectrum of codependency and how to create healthy, balanced relationships This book is for women who are exhausted from over-giving,

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overdoing, and even over-feeling.  
If you're getting it all done but at  
the expense of yourself, give  
yourself the gift of Boundary Boss.

## Boundaries with Kids

## A Guide to Reclaiming Yourself

## Owning and Treasuring Your Life

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How Healthy Choices Grow  
Healthy Relationships  
Making Small Groups Work  
When to Say Yes, How to Say No  
Making Dating Work  
Keys for establishing healthy  
boundaries--the bedrock of good

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Control Of Your Life  
relationships, maturity, safety,  
and growth for children and  
adults. To help their children grow  
into healthy adults, parents need  
to teach them how to take  
responsibility for their behavior,  
their values, and their lives. The

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authors of the Gold Medallion

Award-winning book Boundaries

bring their biblically-based

principles to bear on the

challenging task of child rearing,

showing parents:\* how to bring

control to an out-of-control family

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life\* how to set limits and still be  
loving parents\* how to define  
legitimate boundaries for the  
family\* how to instill in children a  
godly character

In Boundaries for Leaders,  
clinical psychologist and

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bestselling author Dr. Henry Cloud leverages his expertise of human behavior, neuroscience, and business leadership to explain how the best leaders set boundaries within their organizations--with their teams

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and with themselves--to improve performance and increase employee and customer satisfaction. In a voice that is motivating and inspiring, Dr. Cloud offers practical advice on how to manage teams, coach

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direct reports, and instill an organization with strong values and culture. Boundaries for Leaders: Take Charge of Your Business, Your Team, and Your Life is essential reading for executives and aspiring leaders

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who want to create successful companies with satisfied employees and customers, while becoming more resilient leaders themselves.

Through her phenomenally popular and award-winning

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podcast, She's on the Money,  
Victoria Devine has built an  
empowered and supportive  
community of women finding  
their way to financial freedom.  
Honest, relatable, non-  
judgemental and motivating,

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Victoria is a financial adviser who knows what millennial life is really like and where we can get stuck with money stuff. (Did someone say 'Afterpay'...?) So, to help you hit your money goals without skimping on brunch,

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she's put all her expert advice into this accessible guide that will set you up for a healthy and happy future. Learn how to be more secure, independent and informed with your money - with clear steps on how to budget,

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clear debts, build savings, start investing, buy property and much more. And along with all the practical information, Victoria will guide you through the sometimes-tricky psychology surrounding money so you can

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establish the values, habits and confidence that will help you build your wealth long-term. Just like the podcast, the book is full of real-life money stories from members of the She's on the Money community who candidly

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share their experiences, wins  
and lessons learned to inspire  
others to turn their stories  
around, too. And with templates  
and activities throughout, plus a  
twelve-month plan to get you  
started, you can immediately put

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Victoria's recommendations into action in your own life. You are not alone on your financial journey, and with the money principles in this book you'll go further than you ever thought possible.

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Do you have trouble saying "no," or constantly sacrifice your own needs to please others? If so, this evidence-based workbook will help you set healthy boundaries in all aspects of your life—without feeling guilty or

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afraid. If you find yourself feeling responsible for others' happiness, worrying about letting people down, or struggling to speak up for yourself, you probably have difficulty setting healthy boundaries. Establishing

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Control Of Your Life  
clear personal boundaries is essential to creating and nurturing mutually respectful relationships based on equality. Setting limits can also protect you from getting involved in exploitative relationships, and

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Control Of Your Life  
help you avoid toxic personalities  
who don't have your best  
interests at heart. This evidence-  
based workbook will show you  
how to set healthy boundaries  
across all aspects of life—without  
sacrificing your kindness or

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compassion for others. You'll learn to define your boundaries and discover why they're so important for your emotional well-being. You'll also find a wealth of tips for maintaining boundaries in a "constantly-connected"

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world, strategies for what to do when people get upset or threatened by your assertiveness, and ways to make sure your needs are met. If you're tired of feeling guilty or afraid of putting your mental and

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physical health first, are ready to take back control of your life, and create healthy and balanced relationships, this book will show you how to step up and set limits, assert yourself confidently, and realize your full potential.

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When To Say No To Take  
Control Of Your Life  
The Essential Guide to Talk  
True, Be Seen, and (Finally) Live  
Free

Boundaries Updated and  
Expanded Edition

Participants Guide--revised :  
when to Say Yes, how to Say No

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to Take Control of Your Life  
Control Of Your Life  
Hiding from Love  
You Are Not Your Brain  
Being Boss  
When to Say Yes, when to Say  
No, to Take Control of Your Life  
Boundaries in Dating offers

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illuminating insights for romance that can help you grow in freedom, honesty, and self-control as you pursue a healthy dating relationship that will lead to a healthy marriage. Dating can be fun, but it's not easy. Meeting people is just one concern.

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Once you've met someone, then what? What do you build? Nothing, a simple friendship, or more? How do you set smart limits on physical involvement? Financial involvement? Individual responsibilities? Respected

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counselors, popular radio hosts,  
and bestselling authors Henry  
Cloud and John Townsend apply  
the principles described in their  
Gold Medallion Award-winning  
Boundaries to matters of love and  
romance. Helping you bridge the

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pitfalls of dating, Boundaries in  
Dating unfolds a wise, biblical path  
to developing self-control, freedom,  
and intimacy in the dating process.  
Boundaries in Dating will help you  
to think, solve problems, and enjoy  
the journey of dating, increasing

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your abilities to find and commit to a marriage partner. Full of insightful, true-life examples, this much-needed book includes such topics as: Recognizing and choosing quality over perfection in a dating partner How to ensure that

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honest friendship is one vital  
component in a relationship

Preserving friendships by  
separating between platonic  
relationships and romantic interest  
Moving past denial to deal with real  
relational problems in a realistic

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and hopeful way . . . and much  
more! Plus, check out Boundaries  
family collection of books dedicated  
to key areas of life - marriage,  
raising kids, parenting teens, and  
leadership. Workbooks and  
Spanish editions are also available.

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An accessible, step-by-step resource for setting, communicating, and enforcing healthy boundaries at home, at work, and in life We all want to have healthy boundaries. But what does that really mean – and what

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steps are needed to implement them in our daily lives? Sought-after therapist and relationship expert Nedra Glover Tawwab presents clear explanations and interactive exercises to help you gain insight and then put it into

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action. Filled with thought-provoking checklists, questions, writing prompts, and more, The Set Boundaries Workbook is a valuable tool for everyone who wants to speak up for what they want and need, and show up more

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authentically in the world.

Too many of us have invested ourselves into relationships that left us deeply wounded. We've been abandoned or taken advantage of, and left with little to show for what we've given. We've lost our sense

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of security and personal value in the process. And what's worse, we tend to either repeat the same mistakes of judgment over and over . . . Or else lock the doors of our hearts entirely and throw away the key. Why do we choose the wrong

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people to get involved with? Is it possible to change? And if so, where does one begin? Drs. Henry Cloud and John Townsend offer solid guidance for making safe choices in relationships, from friendships to romance. They help

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identify the nurturing people we all need in our lives, as well as ones we need to learn to avoid. Safe People will help you to recognize 20 traits of relationally untrustworthy people. Discover what makes some people

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relationally safe, and how to avoid  
unhealthy entanglements. You'll  
learn about things within yourself  
that jeopardize your relational  
security. And you'll find out what to  
do and what not to do to develop a  
balanced, healthy approach to

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relationships.

The author of Where to Draw the Line defines interpersonal boundaries, explains why they should not be crossed, and explains how to avoid having one's personal boundaries violated.

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Reissue. Control Of Your Life

How to Find Relationships That Are  
Good for You and Avoid Those  
That Aren't  
Results, Relationships, and Being  
Ridiculously in Charge  
She's on the Money

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When To Say No To Take  
Setting Boundaries Will Set You  
Free  
Control Of Your Life

Safe People  
Workbook

Beyond Boundaries

*Boundaries are the ways we  
communicate our needs. They are*

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*what allow us to feel safe among strangers, in everyday interactions, and in our closest relationships. When we have healthy boundaries, we have a strong foundation in an uncertain world. And when someone crosses your boundaries, or you cross someone else's, the results range from*

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*When To Say No To Take Control Of Your Life*  
*unsettling to catastrophic. In this book, bestselling author Dr. Faith Harper offers a full understanding of issues of boundaries and consent, how we can communicate and listen more effectively, and how to survive and move on from situations where our boundaries are violated. Along the*

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*When To Say No To Take Control Of Your Life*

*way, you'll learn when and how to effectively say "no" (and "yes"), troubleshoot conflict, recognize abuse, and respect your own and others' boundaries like a pro. You'll be amazed at how much these skills improve your relationships with friends, strangers, coworkers, and loved ones.*

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*Control Of Your Life*  
Lead small groups through astounding growth with principles from the best-selling books *How People Grow* and *Boundaries*. No matter what need brings a group of people together—from marriage enrichment to divorce recovery, from grief recovery to spiritual formation—members are part

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*Control Of Your Life*  
of a small group because they want to  
grow. This book by psychologists  
Henry Cloud and John Townsend  
provides small-group leaders with  
valuable guidance and information on  
how they can help their groups to grow  
spiritually, emotionally, and relationally.  
With insights from their best-selling

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*book How People Grow, Cloud and Townsend show how God's plan for growth is made up of three key elements: grace plus truth plus time. When groups embrace those elements, they find God's grace and forgiveness and learn how to handle their imperfections without shame as they*

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*model God's love and support to one another. In addition to describing what makes small groups work, Leading Small Groups That Help People Grow explains the roles and responsibilities of both leaders and group members. Employing tenets from the book How People Grow, this book equips leaders*

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*to understand the ins and outs of how to promote growth, and using principles from their best-selling book Boundaries, they show how to identify and find solutions for common problems such as boredom, noncompliance, passivity, aggression, narcissism, spiritualization, over-*

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*neediness, over-giving, and nonstop talking.*

*A guide to establishing boundaries in order to avoid spreading yourself too thin by doing for everyone else before you do for yourself.*

*Having clear boundaries is essential to a healthy, balanced lifestyle. A*

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*Control Of Your Life*  
*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 --*

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*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*

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*Control Of Your Life*  
*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*

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*When To Say No To Take  
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*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*

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Control Of Your Life

*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.*

*Boundaries in Marriage*

*Set Boundaries, Find Peace*

*When To Say Yes, How to Say No*

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When To Say No To Take  
Control Of Your Life  
*The Better Boundaries Workbook  
Boundaries with Teens*

*A Woman After God's Own Heart®  
Large Print*

*Healthy Boundaries*

*Join the millions who have learned how to  
take control of their lives by setting  
healthy boundaries with their spouses,*

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*children, friends, parents, coworkers, and even themselves, in order to live life to the fullest. Do you feel like your life has spiraled out of control? Have you focused so much on being loving and unselfish that you've forgotten your own limits? Do you find yourself taking responsibility for other people's feelings and problems? In*

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Control Of Your Life

*Boundaries, Drs. Henry Cloud and John Townsend teach you the ins and outs of setting the boundaries that will transform your daily life. Boundaries, a New York Times bestseller, will give you the tools you need to learn to say yes and know how to say no. Drs. Henry Cloud and John Townsend are here to share the lessons*

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*they've learned in their years of practicing psychology and studying the patterns and practices that support clear biblical boundaries. Since it was first published, Boundaries has supported millions of people around the world as they discover the importance of understanding their limitations and*

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*upholding their boundaries. In this updated and expanded edition of Boundaries, Drs. Cloud and Townsend answer the most common questions they've received in more than thirty years that they've studied the science behind establishing boundaries: Can I set limits and still be a loving person? What are*

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*legitimate boundaries? How do I effectively manage my digital life so that it doesn't control me? What if someone is upset or hurt by my boundaries? How do I answer someone who wants my time, love, energy, or money? Why do I feel guilty or afraid when I consider setting boundaries? How do boundaries relate to*

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*mutual submission within marriage?  
Aren't boundaries selfish? Discover the  
countless ways that Boundaries can  
change your life for the better today!  
For when your trust has been broken:  
discover how to set firm boundaries  
again, how to connect deeply without  
being hurt, and how to safely grow your*

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*most intimate relationships. Painful relationships violate our trust, causing us to close our hearts. But to experience the freedom and love God designed us for, we eventually have to take another risk. In this breakthrough book, bestselling author Dr. John Townsend takes you beyond the pain of the past to discover how to re-*

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*enter a life of intimate relationships.*

*Whether you're trying to restore a current relationship or begin a new one, Townsend gives practical tools for establishing trust and finding the intimacy you long for. Beyond Boundaries will help you: Reinstate closeness appropriately with someone who*

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*When To Say No To Take  
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*broke your trust Discern when true  
change has occurred Reestablish  
appropriate connections in strained  
relationships Create a safe environment  
that helps you trust Restore former  
relationships to a healthy dynamic Learn  
to engage and be vulnerable in a new  
relationship as well You can move past*

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*When To Say No To Take Control Of Your Life*  
*relational pain to trust again. Beyond Boundaries will show you how. Plus, dig even deeper into relational healing with the coordinating video study and study guide. Spanish edition also available.*

*Change Your Priorities to Change Your Life and Your Home Now in easy-to-read 18-point font! You will experience peace,*

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*order, and joy when you follow God's guidelines for every area of your life, and best of all, you will become a woman after His heart! Elizabeth George shares God's Word and woman-to-woman practical wisdom on how you can pursue God's priorities by... putting God first in your day, your heart, and your life*

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*improving your relationships with family  
and friends building a strong bond with  
your husband raising your children to  
follow Jesus and make right choices  
growing in your service to others As you  
embrace God's plans for you, you will  
find real purpose in a life of prayer and  
practicing God's priorities as you become*

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*A Woman After God's Own Heart®.*

*An easy-to-use workbook allows readers to more effectively work through the boundaries concepts in their dating life.*

*Boundaries in Marriage Workbook*

*What Every Small Group Leader Needs to Know*

*Loving People*

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*Lets Talk About Body Boundaries,  
Consent and Respect*

*Build Better Relationships through  
Consent, Communication, and Expressing  
Your Needs*

*How to Love and Be Loved*

*When to Say Yes, When to Say No-To  
Take Control of Your Life*

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From the creators of the hit podcast comes an interactive self-help guide for creative entrepreneurs, where they share their best tools and tactics on "being boss" in both business and life. Kathleen Shannon and Emily Thompson are self-proclaimed "business besties" and hosts of the top-ranked podcast Being Boss, where they

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talk shop and share their combined expertise with other creative entrepreneurs. Now they take the best of their from-the-trenches advice, giving you targeted guidance on: The Boss Mindset: how to weed out distractions, cultivate confidence, and tackle "fraudy feelings" Boss Habits: including a tested method for

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visually mapping out goals with magical results Boss Money: how to stop freaking out about finances and sell yourself (without shame) With worksheets, checklists, and other real tools for achieving success, here's a guide that will truly help you "be boss" not only at growing your business, but creating a life

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you love.

You long for a marriage marked by lifelong love, intimacy, and growth. And it can be yours -- if you set wise boundaries. Boundaries are the "property lines" that define and protect each of you as individuals. Get them in place and you can make a good marriage better and possibly

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even save a less-than-satisfying one. By the time you've completed this workbook, you will know yourself and your mate better than ever before. You'll also understand and practice the ten laws of boundaries in ways that can make a real difference in your relationship. Step by step, the Boundaries in Marriage

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Workbook helps you apply the biblical principles discussed in the book

Boundaries in Marriage so you can . . . Set and maintain your personal boundaries and respect those of your spouse - Establish values that form a godly structure and architecture for your marriage - Protect your marriage from

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different kinds of "intruders" - Work with a spouse who understands and values boundaries -- or work with one who doesn't -- Filled with self-tests, questions, and applications, the Boundaries in Marriage Workbook helps you deal effectively with the friction points and serious hurts in your marriage -- and move

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beyond them to the mutual care, respect, affirmation, and intimacy you both long for.

The full-size edition of this inspiring Zondervan title has sold nearly 1 million copies. The Gold Medallion award-winning Christian book, by two psychologists who've written a number of

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self-help guides, offers a realistic, compassionate plan for setting healthy boundaries with family, friends, and co-workers.

We learn in childhood to hide from pain, and often continue hiding our hurt from God and others in adulthood. Here Townsend presents a scriptural approach

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to help us identify these unhealthy withdrawal patterns and find healing, freedom and security in connected, grace-filled relationships. Includes discussion guide.

The Set Boundaries Workbook

Boundary Boss

Practical Exercises for Understanding

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When To Say No To Take  
Your Needs and Setting Healthy Limits

The 4-Step Solution for Changing Bad  
Habits, Ending Unhealthy Thinking, and  
Taking Control of Your Life

When to Say Yes, How to Say No To  
Take Control of Your Life

Necessary Endings

Changes That Heal

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When To Say No To Take  
Control Of Your Life

*Establish wise and loving limits that make a positive difference in your teen, in the rest of your family, and in you. The teen years: relationships, peer pressure, school, dating, character. To help teenagers*

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*grow into healthy adults, parents and youth workers need to teach them how to take responsibility for their behavior, their values, and their lives. From bestselling author and counselor Dr. John*

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*Townsend, Boundaries with  
Teens is the expert insight and  
guidance you need to help  
your teens take responsibility  
for their actions, attitudes, and  
emotions and gain a deeper  
appreciation and respect both*

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*for you and for themselves.  
With wisdom and empathy, Dr.  
Townsend applies biblically  
based principles for the  
challenging task of guiding  
your children through the teen  
years. Using the same*

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*principles he used to  
successfully raise two teens,  
he shows you how to: Deal  
with disrespectful attitudes  
and impossible behavior in  
your teen Set healthy limits  
and realistic consequences Be*

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*loving and caring while  
establishing rules Determine  
specific strategies to deal with  
problems both big and small  
Discover how boundaries make  
parenting teens better today!  
Plus, check out Boundaries*

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When To Say No To Take  
Control Of Your Life

*family collection of books  
dedicated to key areas of life -  
dating, marriage, raising  
young kids, and leadership.  
Workbooks and Spanish  
editions are also available.  
Do you feel like you're a*

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Control Of Your Life  
*"pushover"? Do you let other  
people make all the  
plans--letting them pick the  
movie, the restaurant, or the  
vacation destination? Does self-  
care feel selfish to you? And do  
you find yourself feeling*

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*resentful toward others  
because they don't seem to  
take your needs into  
consideration? Can you relate?  
If the answer is yes, this is the  
book for you! In this book,  
master coach, speaker, and*

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*When To Say No To Take  
Control Of Your Life*  
author Nancy Levin will help  
you establish clear and healthy  
boundaries. This isn't easy;  
many of us don't want to "rock  
the boat." We assume setting  
boundaries will lead to  
conflict. And, unfortunately, by

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*When To Say No To Take  
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*avoiding conflict and not  
setting limits, we tend to  
choose long-term unhappiness  
instead of short-term  
discomfort. This book includes  
exercises and practical tools to  
help even the most conflict-*

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When To Say No To Take  
Control Of Your Life

*averse, people-pleasing  
readers learn new habits.*

*You'll learn how to recognize  
and take inventory of your  
boundaries, view your  
boundaries differently by  
creating a Boundary Pyramid,*

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When To Say No To Take  
Control Of Your Life

*learn how to say "no" effectively, and set your Bottom-Line Boundary. As your supportive guide, Nancy will show you how to gather the courage to live a life of "boundary badassery." "This*

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*When To Say No To Take  
Control Of Your Life*  
*work was life-changing for me,  
and if you're someone who has  
avoided boundaries for years,  
it can change your life, too."* --

*Nancy Levin*

*Explores the creation and  
adjustment of effective*

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When To Say No To Take  
Control Of Your Life  
*personal boundaries, including  
identifying false beliefs,  
embracing purpose, and  
making good choices*

*Imagine a graph with two  
lines. One indicates happiness,  
the other tracks how you feel*

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*When To Say No To Take  
Control Of Your Life*  
*about your body. If you're like  
millions of people, the lines do  
not intersect. But what if they  
did? This practical,  
inspirational, and visually  
lively book shows you how to  
create a healthier and happier*

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Workbook When To Say Yes

*When To Say No To Take  
Control Of Your Life*  
*life by treating yourself with  
compassion rather than  
shame. It shows the way to a  
sense of well-being attained by  
understanding how to love,  
connect, and care for  
yourself—and that includes*

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When To Say No To Take  
Control Of Your Life  
*your mind as well as your  
body. Body Kindness is based  
on four principles. WHAT YOU  
DO: the choices you make  
about food, exercise, sleep,  
and more HOW YOU FEEL:  
befriending your emotions and*

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When To Say No To Take  
Control Of Your Life  
*standing up to the unhelpful  
voice in your head WHO YOU  
ARE: goal-setting based on  
your personal values WHERE  
YOU BELONG: body-loving  
support from people and  
communities that help you*

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When To Say No To Take  
Control Of Your Life  
*create a meaningful life With  
mind and body exercises to  
keep your energy spiraling up  
and prompts to help you  
identify what YOU really want  
and care about, Body Kindness  
helps you let go of things you*

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When To Say No To Take  
Control Of Your Life

*can't control and embrace the things you can by finding the workable, daily steps that fit you best. Think of it as the anti-diet book that leads to a more joyful and meaningful life!*

*Better Boundaries*

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When To Say No To Take  
Control Of Your Life  
*An 8-Session Focus on  
Boundaries and Marriage  
Transform Your Health from  
the Inside Out--and Never Say  
Diet Again  
When to Say Yes, How to Say  
No to Take Control of Your*

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Workbook When To Say Yes  
When To Say No To Take  
*Life*  
Control Of Your Life

*Boundaries for Leaders*

*Boundaries*

*Learning to Trust Again in  
Relationships*

**This is a complete resource  
kit--containing 1 PAL video, 1 DVD,**

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When To Say No To Take  
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**1 Leader's Guide, 1 Participant's  
Guide and 1 softcover copy of  
Boundaries in Marriage--for groups  
of all sizes which will encourage the  
kind of spiritual and emotional  
growth and character development  
that enables marriage--within God's**

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**boundaries--to be fun, spiritually fulfilling, and growth producing.**

**Amazon US #1 Release. A step-by-step guide to setting healthy personal boundaries without starting an argument.**

**Never before has an expert defined**

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**the steps toward self-fulfillment and satisfying relationships with such clear, insightful, and easy-to-follow guidelines. In Changes That Heal, Dr. Henry Cloud, a renowned clinical psychologist, combines his expertise, well-developed faith, and**

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**keen understanding of human nature in a four-step program of healing and growth. Dr. Cloud's down-to-earth plan shows you how to: bond with others to form truly intimate relationships, separate from others and develop a sense of self,**

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**understand the good and bad in yourself and others, and grow emotionally and spiritually toward adulthood. Filled with fascinating case studies and helpful, easy-to-adopt techniques, Changes That Heal offers sound advice that helps**

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**you get the most out of your life, heal the wounds of your past, and build lasting, loving relationships.**

**Two neuroscience experts explain how their 4-Step Method can help break destructive thoughts and actions and change bad habits for**

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**good. A leading neuroplasticity researcher and the coauthor of the groundbreaking books Brain Lock and The Mind and the Brain, Jeffrey M. Schwartz has spent his career studying the structure and neuronal firing patterns of the human brain.**

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**He pioneered the first mindfulness-based treatment program for people suffering from OCD, teaching patients how to achieve long-term relief from their compulsions. For the past six years, Schwartz has worked with psychiatrist Rebecca**

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**Gladdening to refine a program that successfully explains how the brain works and why we often feel besieged by bad brain wiring. Just like with the compulsions of OCD patients, they discovered that bad habits, social anxieties, self-**

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**deprecating thoughts, and compulsive overindulgence are all rooted in overactive brain circuits. The key to making life changes that you want-to make your brain work for you-is to consciously choose to "starve" these circuits of focused**

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**attention, thereby decreasing their  
influence and strength. As evidenced  
by the huge success of Schwartz's  
previous books, as well as Daniel  
Amen's Change Your Brain, Change  
Your Life, and Norman Doidge's  
The Brain That Changes Itself, there**

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**is a large audience interested in harnessing the brain's untapped potential, yearning for a step-by-step, scientifically grounded and clinically proven approach. In fact, readers of Brain Lock wrote to the authors in record numbers asking**

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**for such a book. In You Are Not  
Your Brain, Schwartz and Gladding  
carefully outline their program,  
showing readers how to identify  
negative brain impulses, channel  
them through the power of focused  
attention, and ultimately lead more**

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**fulfilling and empowered lives.**  
**Boundaries in Marriage -**  
**International Edition**  
**Boundaries Workbook**  
**Take Control of Your Work and**  
**Live Life on Your Own Terms**

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## **Boundaries in Dating**

**What the Bible Reveals About**

**Personal Growth**

**The Ultimate Guide to Telling the**

**Truth, Creating Connection, and**

**Finding Freedom**

Your boundaries are doing only

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one thing - trying to take care of you. This book provides easy to follow examples and a step by step process to let your boundaries do their job. It is based on tried and true methods developed to help people

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working on boundary issues.  
The book provides a way to  
apply the information to your  
own life to deal with the  
emotions, stress, extreme  
challenges to your boundaries,  
and how to really do self-care.

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Your personal guide to learning  
Control Of Your Life  
how to love. When you say or  
hear the words "I love you" it  
can change your life forever.  
Love is one of God's most  
important gifts to anyone, yet  
there are many

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misunderstandings about how to make love work in our families, friendships, marriages and dating relationships. In Loving People, best-selling author Dr. John Townsend shows you that love can actually be learned,

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and gives you the steps and tools to become skilled in love. Using his trademark stories and illustrations to flesh out the important principles, Dr. Townsend covers: receiving love connecting love healing

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love confronting love romantic  
love surrendering love Through  
his teaching, readers will  
discover - and start enjoying -  
the words, actions, and  
experiences of authentic love.  
The authors delineate the

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boundaries of modern dating, arguing that couples must learn self control and discipline. Ideal for small groups, this nine session DVD helps participants learn the secrets and cultivate the habit of setting and

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maintaining healthy boundaries  
that provide the framework for  
rich, productive relationships.  
Designed to be used with the  
Boundaries Participant's Guide,  
revised.

## How People Grow