



**Boundaries with Kids: When to Say Yes, How to Say No (Leader's Guide)[BOUNDARIES WITH KIDS: WHEN TO SAY YES, HOW TO SAY NO (LEADER'S GUIDE)] by Cloud, Henry (Author)
Jan-28-03[Paperback]**

Henry Cloud

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Christians often focus so much on being loving and giving that they forget their own limits and limitations. Have you ever found yourself wondering: • Can I set limits and still be a loving person? • How do I answer someone who wants my time, love, energy, or money? • Why do I feel guilty when I consider setting boundaries? In this Gold Medallion Award-winning book, Drs. Henry Cloud and John Townsend give you biblically based answers to these and other tough questions, and show you how to set healthy boundaries with your parents, spouses, children, friends, coworkers, and even yourself. Boundaries are personal property lines that define who you are and who you are not, and influence all areas of your life. Physical boundaries help you determine who may touch you and under what circumstances. Mental boundaries give you the freedom to have your own thoughts and opinions. Emotional boundaries help you deal with your own emotions and disengage from the harmful, manipulative emotions of others. Spiritual boundaries help you distinguish God's will from your own and give you renewed awe for your Creator. Unpacking ten "laws of boundaries," Drs. Cloud and Townsend show you how to bring new health to your relationships. You'll discover firsthand how sound boundaries give you the freedom to walk as the loving, giving, fulfilled individual God created you to be.

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