

The book was found

# 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

Audible Audio Edition

Listening Length: 27 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Ant Hive Media

Audible.com Release Date: June 23, 2016

Language: English

ASIN: B01HFK8M1Q

Best Sellers Rank: #131 in Books > Audible Audiobooks > Nonfiction > Study Aids #480

in Books > Christian Books & Bibles > Christian Living > Dating & Relationships #1219 in Books

> Audible Audiobooks > Religion & Spirituality > Christianity

[Download to continue reading...](#)

Summary Henry Cloud & John Townsend's Boundaries: When to Say Yes, How to Say No to Take Control of Your Life Boundaries: When to Say Yes, How to Say No to Take Control of Your Life Boundaries Workbook: When to Say Yes When to Say No To Take Control of Your Life Henry and Mudge Ready-to-Read Value Pack: Henry and Mudge; Henry and Mudge and Annie's Good Move; Henry and Mudge in the Green Time; Henry and Mudge ... and Mudge and the Happy Cat (Henry & Mudge) Boundaries with Kids: When to Say Yes, When to Say No, to Help Your Children Gain Control of Their Lives Boundaries with Teens: When to Say Yes, How to Say No Boundaries with Kids: When to Say Yes, How to Say No iSpeak Cloud: Crossing the Cloud Chasm: Create a Cohesive Cloud Strategy Summary - StrengthsFinder 2.0: By Tom Rath - A Chapter by Chapter Summary (StrengthsFinder 2.0: Summary - Paperback, Audiobook, Audible, Book) No No Yes Yes (Leslie Patricelli board books) The Little Gold Book of YES! Attitude: How to Find, Build and Keep a YES! Attitude for a Lifetime of Success Adobe Dreamweaver Creative Cloud: Comprehensive (Stay Current with Adobe Creative Cloud) Adobe Photoshop Creative Cloud Revealed (Stay Current with Adobe Creative Cloud) Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person by Shonda Rhimes | Summary & Analysis How to Take Advantage of the People Who Are Trying to Take Advantage of You: 50 Ways to Capitalize on the System (Take the Advantage Book 1) Control Self-Assessment: Reengineering Internal Control (Enterprise Governance, Control, Audit, Security, Risk Management and Business Continuity) Summary of Getting to Yes, by Roger Fisher, William Ury, and Bruce Patton | Includes Analysis Henry VIII: The Flawed King | The Life and Legacy of Henry VIII Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy Money. You Got This: Easy to Implement Money Strategies So You Can Take Control of Your Business Finances and Create Your Dream Life

[Dmca](#)