



**Dr. John Townsend Boundaries Set - Boundaries:
When to Say Yes, How to Say No to Take Control
of Your Life (Softcover) , Beyond Boundaries:
Learning to Trust Again in Relationships
(Hardcover)**

Dr. John Townsend

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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, mental boundaries give us the freedom to have our own thoughts, emotional boundaries help us to deal with our own emotions and spiritual boundaries help us to distinguish God's will from our own.

Hurtful relationships can cause you to close your heart. How can you trust again? Taking you beyond the pain of the past, Dr. John Townsend offers practical tools to help you re-establish closeness with those who wronged you, recognize true change, move past relational pain, and create a safe environment for trust to thrive. Foreword by Dr. Henry Cloud, coauthor of Boundaries.

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