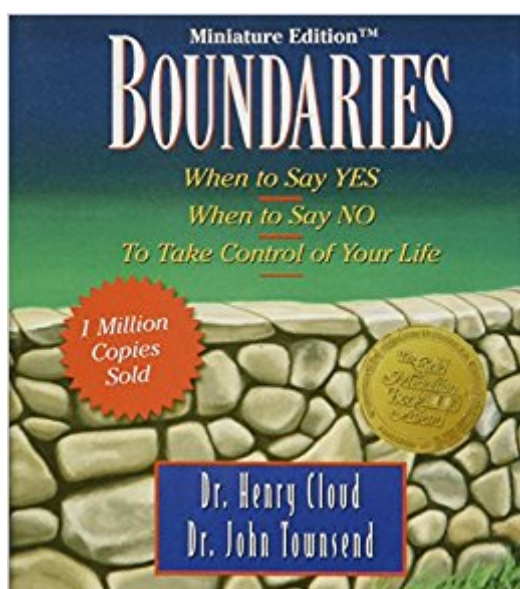


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# Boundaries: When To Say Yes, When To Say No-To Take Control Of Your Life [Miniature Edition] (Inspirio/Zondervan Miniature Editions)



## Synopsis

NOTE: This BOOK is a MINIATURE EDITIONThe full-size edition of this inspiring Zondervan title has sold nearly 1 million copies. The Gold Medallion award-winning Christian book, by two psychologists whoâ™ve written a number of self-help guides, offers a realistic, compassionate plan for setting healthy boundaries with family, friends, and co-workers.

## Book Information

Age Range: 8 and up

Series: Inspirio/Zondervan Miniature Editions

Hardcover: 160 pages

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Product Dimensions: 3 x 0.8 x 3.5 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 3,779 customer reviews

Best Sellers Rank: #13,267 in Books (See Top 100 in Books) #1 inÂ Books > Crafts, Hobbies & Home > Crafts & Hobbies > Toys & Models > Miniatures #13 inÂ Books > Health, Fitness & Dieting > Mental Health > Codependency #31 inÂ Books > Christian Books & Bibles > Christian Living > Dating & Relationships

## Customer Reviews

In order to call themselves good Christians, many people have drawn overly flexible boundaries (unwilling to say no, always accommodating others' needs) or overly rigid boundaries (to the point of being righteous and judgmental). Psychologists and inspirational speakers Cloud and Townsend show readers how to set reasonable boundaries in order to follow the true path of Christianity. This book has become immensely popular, most likely because it makes personal boundaries easier to define and is filled with spiritual purpose. Some cautions: the format can be overly self-helpish for such a complex discussion and the authors at one point imply that judicious spankings may be an acceptable form of setting boundaries with children. However, many Christians will probably find themselves grateful for this biblical context of boundaries. --Gail Hudson --This text refers to an out of print or unavailable edition of this title.

'Dr. Henry Cloud and Dr. John Townsend have great insights and practical wisdom into the God-given gift of boundaries. As they discuss how to take responsibility for and ownership of our lives, they give hope that we cannot just survive -- but thrive!' -- Josh McDowell, Author, Author and Speaker --This text refers to an out of print or unavailable edition of this title.

He makes some excellent points and this definitely influenced how I think about things. However, I disagree with him strongly in one point and I feel that he skirted one important issue. Near the end of the book he gives an example where a child refuses to go to school and the mother realizes she "can't make the child go to school" but sets the boundary that the child will have to stay in his room if he doesn't go to school. The problem with that logic is, if you can't "make a child go to school" how can you "make a child stay in his room"? We can't make a child enjoy school or even pay attention to the teachers, these things take incentives and consequences, but parents do still need to hold onto the reins on certain issues. It is a delicate line, but I can and do "make" my children go to school. The other issue is one of an abusive marriage. He talks about putting up boundaries and leaving for the night if these boundaries are violated. This is always done for a short period of time and then the abused spouse returns home. There are situations where this is effective. But in a true abusive situation (physical or mental) it is playing with fire to leave and return over and over. The physical abuser can be deadly. A mental abuser will learn how to better manipulate her victim without his realizing that his boundaries have been violated and thereby twisting reality even further. Any abusive person is not to be trifled with, and without genuine repentance and clear signs of change one is foolish to continue to expose themselves to that risk regardless of history, children, or feelings. For all of his insight, I am shocked that this is not made more clear.

This book has been around for a number of years and is as current and applicable as it was upon first writing .... It is broken down into specific chapters that deal with a variety of boundary challenges we may have . I have found the chapter on Boundary Myths, and boundaries with myself to be particularly helpful.

If you have ever had a one sided relationship with a loved one where they have boundaries of their own but you have never set up boundaries for yourself with them, then you will eventually experience the dire need to set up your own boundaries and know why and how to do just that. I think that this is an amazing book to understand why everyone should have boundaries of some kind in their relationships. I now understand why just being a loving and good person is not the

foundation of a good and balanced relationship but is actually the finished part of it. After reading the book, twice, I believe that if a relationship has boundaries on both sides, as a foundation, then the outcome of that relationship will give way to a loving and deep friendship or love relationship and it will foster self respect and respect for others. We all go hay wire in how we deal with our daily lives with others and how we treat them in what we consider good or bad but I now understand that we must not let that be the influence of how we treat others. This book sounds like common sense but is actually more than just that. I love how every chapter, I was able to see a little of me in it and how I could get more from my life and my relationships by being up front in a loving way and knowing that God didn't make us all just door mats. Christ doesn't give us anything and everything we want but instead he gives us what he knows we need and what he is willing to give us to build our relationship up with him into one of thankfulness, trust, love and his Grace. I now understand that we are practicing this now so that we can have a closer relationship with Him through eternity. I believe this book is a gift to anyone that reads it. I also read his book "Boundaries with Kids" and highly recommend it to everyone. I don't think it is just for young parents with growing children or a growing family. I actually read it first and through it wanted to read this book "Boundaries" So many books that try to help us overcome relationships in our lives, stress the good the bad and the ugly. These books written by Cloud and Townsend stress the Golden Rule and it really encompasses loving ourselves through having boundaries before we can love others. The "Kids" book would make the most wonderful gift to a young couple with a new baby. I wish I had read this book when our children were growing up.

Good book. This was recommended to me and it was very helpful for me at a difficult time in my life. I do recommend this book for anyone who having a hard time trying to figure out how to deal with these type of issues.

I've struggled with not drawing proper boundaries in the past and codependency. This book is really helpful, it's Biblically based and sound. It's really helped me to overcome the feelings of guilt I would have by not always being there for people that I perceived needed me.

The topics and content are good. But I'd prefer a "summarized" (condensed) version. It just felt like he took FOREVER to make each point, and then reiterated each one to death with example after example. If you can get past that aspect, or if you're not entirely sold on the idea that you may actually need to set boundaries in your life, then you might get more out of it. I was just hoping for a

more "trimmed down" approach, since I'm well aware of the need for boundaries when it comes to work, friends, and family.

This book is truly life-changing! Biblical examples to back up how not to be a door mat but remain or strive to be a good follower of Jesus Christ. I could not put the book down. I also ordered copies for 2 friends and my daughter.

Great book!!! I am very familiar with a few of the scenarios in this book, and some I didn't really realize that they were boundary issues. This is a great book for anyone feeling overwhelmed.

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