



Boundaries Leader's Guide

Henry Cloud, John Townsend

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- Do you have trouble saying no? - Can you set limits and still be a loving person? - Is your life out of control? - What are legitimate boundaries? - Do people take advantage of you? - How do you answer someone who wants your time, love, energy, and money? Healthy relationships and sound living depend on maintaining smart personal boundaries. But many people don't know where to start. Here's where -- with the Boundaries Zondervan Group Resource. Based on the best-selling book by Dr. Henry Cloud and John Townsend, these nine interactive sessions can make a life-changing difference. Drawing on principles from the Bible, Boundaries guides small groups on a journey of discovery and practical application. As a small group leader, you play an integral part in helping your group members learn how to live their lives more fully and display Christ's love more freely. This guidebook will greatly simplify your job. Information is organized clearly and logically to minimize your preparation time and maximize your effectiveness. Get ready for a doubly rewarding experience of helping others discover a better way of living, and of strengthening your own boundaries in the process.

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