

**Boundaries: When to Say Yes, When to Say No,
to Take Control of Your Life**

Dr. Henry Cloud & Dr. John Townsend, Zondervan Publishing House.

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. Boundaries define who we are and who we are not. This book explores several types of boundaries in detail: physical, mental, emotional, and spiritual. Boundaries will help you be able to define your limits and limitations.

Michelle says: This book has transformed my way of relating to people! Too often I let people cross over my lines and limits, causing me to feel anger or guilt. I learned that God allows us to put limits on what others require of us, as well as what we should reasonably require of ourselves. Easy to read, easy to relate to my daily life and current situations, this book has literally given me permission to say yes and no! I highly recommend it.