

Learn healthy boundaries from best-selling authors Dr. Henry Cloud & Dr. John Townsend.

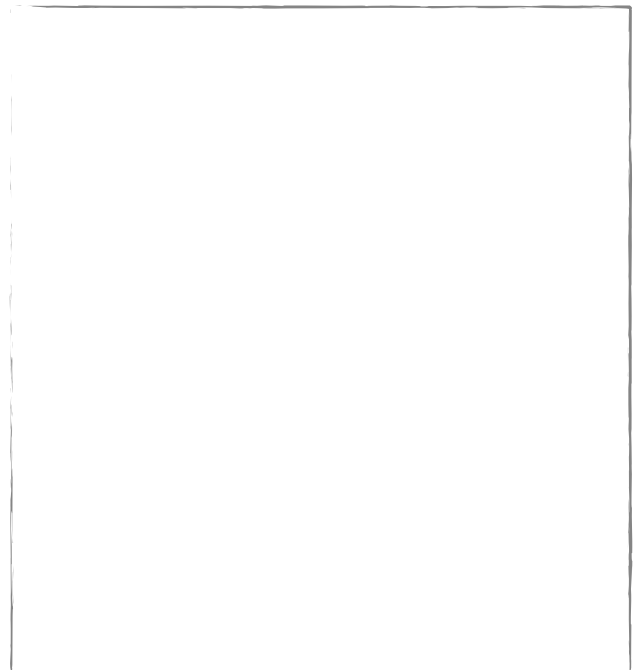
Boundaries affect all areas of our lives: physical, mental, spiritual, and emotional. Healthy boundaries are the key to a balanced and rewarding life!

# BOUNDARIES

WHEN TO SAY YES  
HOW TO SAY NO  
TO TAKE CONTROL  
OF YOUR LIFE

If you have struggled with any of the following, this course is for you!

- Are boundaries biblical?
- How can I say no, and not feel guilty?
- How can I set healthy limits, and still be a loving person?
- How can I keep people from taking advantage of me?
- What if setting boundaries will upset or hurt someone?
- How do I answer people who want my time, love, energy, or money?
- How do I deal with my disappointment with God because of unanswered prayers?



Boundaries Sessions on DVD with live small group discussion.

ATTEND THIS BOUNDARIES CLASS, AND YOU WILL  
DISCOVER THE ANSWER TO ALL THESE QUESTIONS AND MORE!

## **Format your text using either of these methods:**

### **1. Copy and Paste from Word:**

Format your text in a Word document. Copy it. Select the default text in one of the boxes, then paste.

**OR**

### **2. Format your text as you type it.**

Bring up the Properties Bar by hitting **Ctrl E** (Command E on a Mac). Select the text you want to format and use the options on the Properties Bar to style your text.