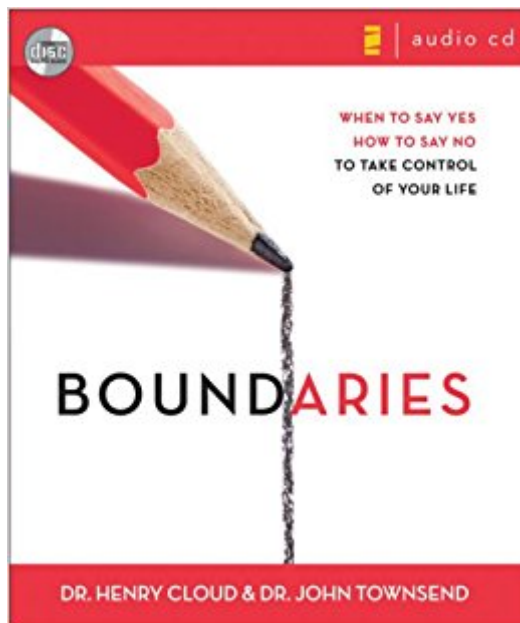


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# Boundaries



## Synopsis

Are you in control of your life? Do people take advantage of you? Do you have trouble saying no? Christians often focus so much on being loving and giving that they forget their own limitations. Have you ever found yourself wondering: \*Can I set limits and still be a loving person? \*What are my legitimate boundaries? \*How do I answer someone who wants my time, love, energy, or money? \*Why do I feel guilty when I consider setting boundaries? Doctors Henry Cloud and John Townsend give you biblically based answers to these and other tough questions, showing you how to set healthy boundaries with parents, spouses, children, friends, coworkers, and even with yourself. You'll see vital principles of boundaries at work as Drs. Cloud and Townsend take you through a day in the life of 'Sherrie'---first as she lives with almost no boundaries, then as she begins to apply proper boundaries with others in her life. Dr. Henry Cloud and Dr. John Townsend ([www.CloudTownsend.com](http://www.CloudTownsend.com)) are popular speakers, psychologists, cohosts of the nationally broadcast New Life Live! radio program, and cofounders of Cloud-Townsend Clinic and Cloud-Townsend Resources. Both graduated with doctorates in clinical psychology from Rosemead Graduate School of Psychology, and both maintain private practices in Newport Beach, California. They are best-selling coauthors of several books, including *Boundaries in Dating*, *Boundaries with Kids*, and the Gold Medallion Award-winning *Boundaries* and *Boundaries in Marriage*.

## Book Information

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## 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 |'The contents of this book have had a life-changing effect on my wife and me. We thank God for men like Dr. John Townsend and Dr. Henry Cloud, who have used their professional expertise centered in godly wisdom to help so many of us who are hurting. 'Boundaries' does not offer temporary relief but points a person to God and his ways for the ultimate cure!' -- Dave Dravecky, Author, Founder of Outreach of Hope |'As I read this book, I kept fighting back the gnawing feeling that the whole trajectory of my life would have been different and better had I read this twenty years ago.' -- Bill Hybels, Senior Pastor, Willow Creek Community Church |'Boundaries define everything from football fields to nation-states, yet our culture has pretended it could violate boundaries in human relationships without serious consequences. Cloud and Townsend examine the damage caused by this flawed view and point the way back.' -- Cal Thomas, Author, Syndicated Columnist |'In this insightful and extremely helpful book, you will learn about a simple concept that can change your life: healthy boundaries. It's the ability to mark off your life in such a way that you multiply your love for others and minimize the problems you face. And it's waiting for you when you open this book I highly recommend.' -- John Trent, PhD, President, Encouraging Words and StrongFamilies.com |'This book is going to provide a doorway of understanding and freedom for those of us who have allowed ourselves to be buried in the inability to say no. Thank you once again, Henry and John, for helping us toward freedom.' -- Rich Buhler, Author, New Choices, New Boundaries |'I've heard a myriad of sermons on Christian servanthood that never discussed the value of saying 'NO!' in order to confront in love or to provide space to recharge the batteries. 'Boundaries' is the 'Untold Story' -- the other side of love and servanthood that we need so

desperately but that we hear so little about.' -- Howard G. Hendricks, Chairman, Center for Christian Leadership

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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