



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

BOUNDARIES

SMALL GROUP
DVD Bible Study

DR. HENRY CLOUD & DR. JOHN TOWNSEND



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- DO YOU HAVE TROUBLE SAYING **NO?**
- CAN YOU SET LIMITS AND STILL BE **A LOVING PERSON?**
- ARE YOU IN CONTROL OF **YOUR LIFE?**
- 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. *Boundaries* can help. Based on the bestselling book by Drs. Henry Cloud and John Townsend, 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.

Each of nine *Boundaries* sessions contains a video presentation by Drs. Cloud and Townsend. It's the centerpiece for insights, exercises, and spirited discussions that can profoundly improve the quality of your relationships in every sphere of life—marriage, family, friendships, church, and the workplace. If you would like a richer, more rewarding way of living, *Boundaries* is for you.

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