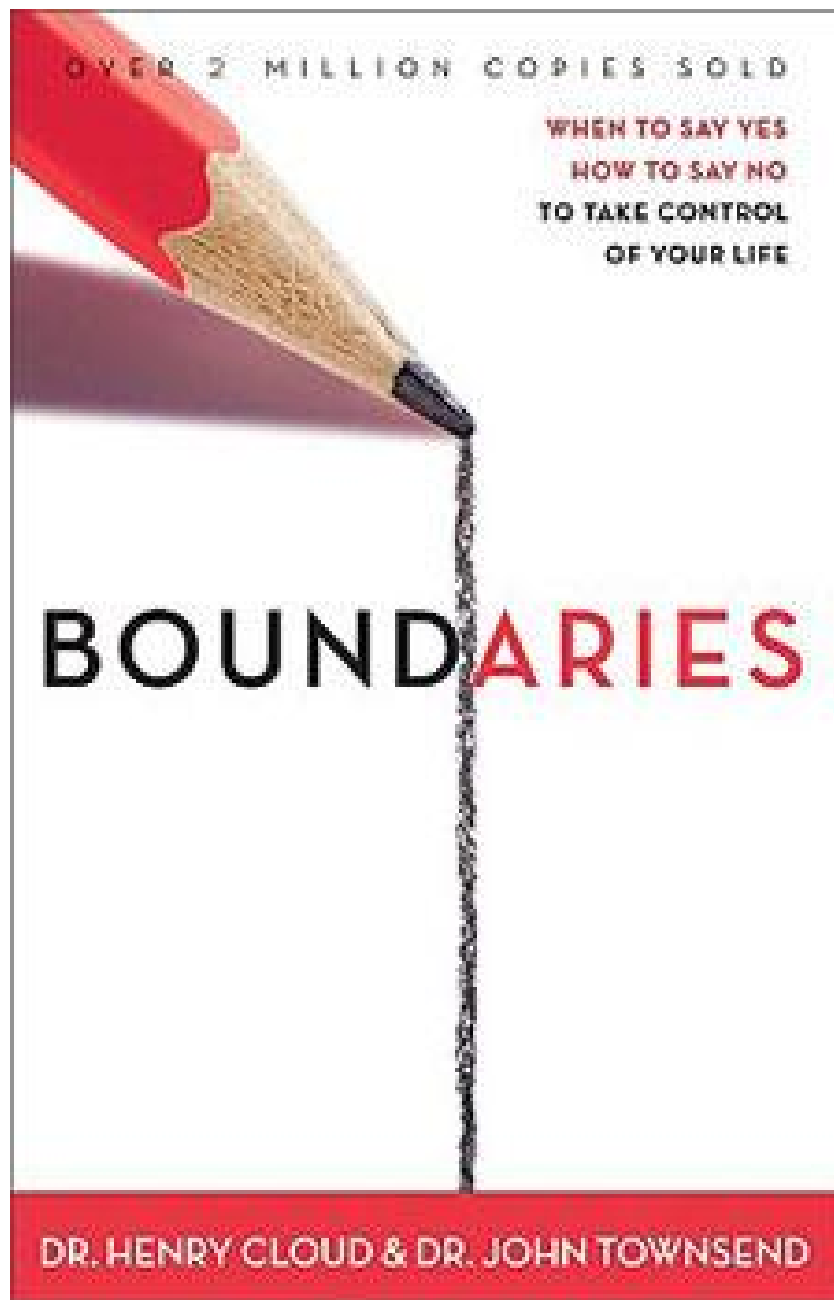


Simply let your 'Yes' be 'Yes, and your 'No' be 'No'; anything beyond this comes from the evil one.

Matthew 5:37



COURSE DESCRIPTION:

Christians often focus so much on being loving and giving that they forget their own limitations. In *Boundaries*, Drs. Cloud and Townsend show you how to set healthy boundaries which will give you freedom to walk as the loving, giving, fulfilled individual God created you to be. In doing so, we can learn to build stronger, more vibrant and healthier relationships. Come discuss how you can improve the relationships you are in for today and in the future.

WHAT OTHERS SAY ABOUT *BOUNDARIES*:

“The contents of this book have had a life-changing effect on my wife and me. *Boundaries* does not offer temporary relief, but points a person of God and his ways for the ultimate cure!”

Dave Dravecky
Author, Speaker, and Founder
Outreach of Hope

“Perhaps the most helpful part of this book, in my opinion, is its expose of the many myths that well-meaning Christian believers have about the setting of boundaries. These include the implicit belief that good Christians are doormats who have no boundaries. Too many Christians mistakenly think that to set boundaries is to hurt someone, to be selfish or, in the case of leader-following relationships, to be nonsubmissive. When done correctly, and with the right spirit, it is nothing of this sort.”

Jan Peczkis
Chicago, IL

Program presented by:

Rose Adamski, Sue Caskey, and Lynn Zobel