

Boundaries in Marriage Workbook

By Henry Cloud, John Townsend

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You long for a marriage marked by lifelong love, intimacy, and growth. And it can be yours -- if you set wise boundaries. Boundaries are the "property lines" that define and protect each of you as individuals. Get them in place and you can make a good marriage better and possibly even save a less-than-satisfying one. By the time you've completed this workbook, you will know yourself and your mate better than ever before. You'll also understand and practice the ten laws of boundaries in ways that can make a real difference in your relationship. Step by step, the Boundaries in Marriage Workbook helps you apply the biblical principles discussed in the book Boundaries in Marriage so you can . . . Set and maintain your personal boundaries and respect those of your spouse - Establish values that form a godly structure and architecture for your marriage - Protect your marriage from different kinds of "intruders" - Work with a spouse who understands and values boundaries -- or work with one who doesn't -- Filled with self-tests, questions, and applications, the Boundaries in Marriage Workbook helps you deal effectively with the friction points and serious hurts in your marriage -- and move beyond them to the mutual care, respect, affirmation, and intimacy you both long for.

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Editorial Review

Review
'Drs. Cloud and Townsend have created another masterpiece! No one understands the issue of boundaries better than they do. Counselors and couples alike will greatly benefit from their articulate and in-depth exploration.' -- Archibald D. Hart, Ph.D., Professor

From the Publisher
Introducing the book most requested by Boundaries seminar attendees: Boundaries in Marriage. Because two lives becoming one is easier said than done. How do you work out conflict, establish healthy communication, solve problems, and deal with the struggle of differing needs? In the process of knitting two souls together, it's easy to tear the fabric. Now counselors and best-selling authors Henry Cloud and John Townsend apply the principles of their Gold Medallion Award-winning book, Boundaries, to help couples experience marriage at its best, as a haven of mutual love, care, appreciation, and growth. Drs. Cloud and Townsend show why true, joyous unity in marriage requires that both partners define and maintain their integrity as well as respect their mate's personal boundaries.Boundaries in Marriage will show couples: Why boundaries are so important for a thriving, productive marriage How values form the structure and architecture of marriage How to protect a marriage from intruders, whether parents, other people, affairs, or personal idols Why each partner needs to establish personal boundaries, and how to go about it How to work with a spouse who understands and values boundaries--and how to work with one who doesn't Using principles from the Bible, Boundaries in Marriage and its companion workbook can help both new and seasoned couples safeguard against relational fractures, mend existing cracks, and make even the best marriage better.

From the Back Cover
You long for a marriage marked by lifelong love, intimacy, and growth. And it can be yours -- if you set wise boundaries. Boundaries are the 'property lines' that define and protect each of you as individuals. Get them in place and you can make a good marriage better and possibly even save a less-than-satisfying one. By the time you've completed this workbook, you will know yourself and your mate better than ever before. You'll also understand and practice the ten laws of boundaries in ways that can make a real difference in your relationship. Step by step, the Boundaries in Marriage Workbook helps you apply the biblical principles discussed in the book Boundaries in Marriage so you can . . . Set and maintain your personal boundaries and respect those of your spouse - Establish values that form a godly structure and architecture for your marriage - Protect your marriage from different kinds of 'intruders' - Work with a spouse who understands and values boundaries -- or work with one who doesn't -- Filled with self-tests, questions, and applications, the Boundaries in Marriage Workbook helps you deal effectively with the friction points and serious hurts in your marriage -- and move beyond them to the mutual care, respect, affirmation, and intimacy you both long for.

Users Review

From reader reviews:

Arlene Oliver:

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