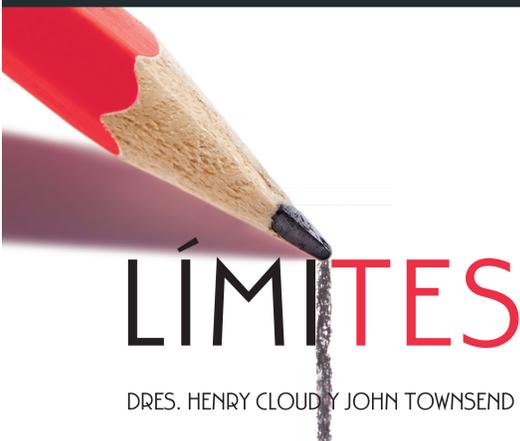


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LÍMITES

DRES. HENRY CLOUD Y JOHN TOWNSEND

INTERPRETADO POR ALEJANDRO DE MESA

TITLE:
Límites (Boundaries)

AUTHOR:
Dr. Henry Cloud, Dr. John Townsend

READ BY:
Alejandro De Mesa

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Límites (Boundaries)

by Dr. Henry Cloud, Dr. John Townsend

Read by Alejandro De Mesa

A Biblically based guide that offers tips for establishing physical, emotional, and spiritual bounda

Is your life out of control? Do people take advantage of you? Do you have trouble saying no? Are you disappointed with God because of unanswered prayers?

Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. Boundaries impact all areas of our lives.

Physical boundaries help us determine who may touch us and under what circumstances. Mental boundaries give us the freedom to have our own thoughts and opinions. Emotional boundaries help us deal with our own emotions and disengage from the harmful, manipulative emotions of others. Spiritual boundaries help us distinguish God's will from our own and give us renewed awe for our Creator.

Dr. Henry Cloud and Dr. John Townsend offer Biblically based answers to tough questions, showing us how to set healthy boundaries with our parents, spouses, children, friends, co-workers, and even ourselves.

AUTHOR

Dr. Henry Cloud is an acclaimed leadership expert, psychologist, and New York Times best-selling author. In his leadership consulting practice, Dr. Cloud works with both Fortune 500 companies and smaller private businesses. He has an extensive executive coaching background and experience as a leadership consultant, devoting the majority of his time working with CEOs, leadership teams, and executives to improve performance, leadership skills, and culture. Dr. Cloud lives in Los Angeles with his wife, Tori, and their two daughters, Olivia and Lucy.

READ BY

Alejandro De Mesa is an in-demand narrator with a background in film and stage acting.