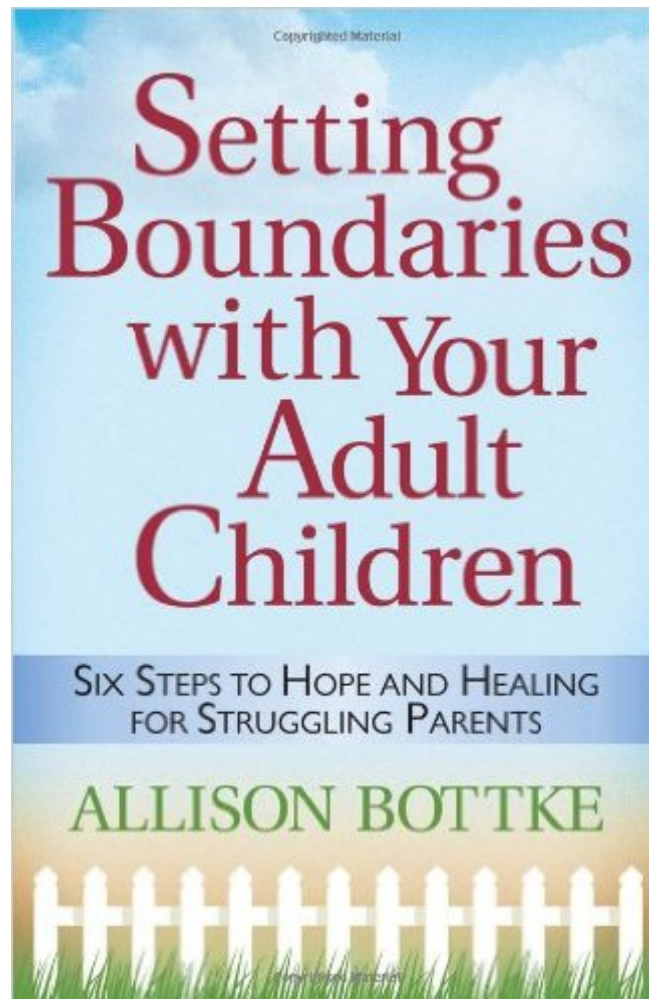


The book was found

# Setting Boundaries® With Your Adult Children: Six Steps To Hope And Healing For Struggling Parents



## Synopsis

This important and compassionate new book from the creator of the successful God Allows U-Turns series will help parents and grandparents of the many adult children who continue to make life painful for their loved ones. Writing from firsthand experience, Allison identifies the lies that kept her, and ultimately her son in bondage •and how she overcame them. Additional real life stories from other parents are woven through the text. A tough •love book to help readers cope with dysfunctional adult children, Setting Boundaries® with Your Adult Children will empower families by offering hope and healing through S.A.N.I.T.Y. •a six •step program to help parents regain control in their homes and in their lives. S = STOP Enabling, STOP Blaming Yourself, and STOP the Flow of Money A = Assemble a Support Group N = Nip Excuses in the Bud I = Implement Rules/Boundaries T = Trust Your Instincts Y = Yield Everything to God Foreword by Carol Kent (When I Lay My Isaac Down)

## Book Information

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## Customer Reviews

One day I was sitting in my recliner, not having a pity party, but just evaluating my life. I have a son who is a successful doctor. Another owns his own plumbing company. Another is sought after in the field of computer programming. I also have two grown children that I sometimes refer to as my "gifts-that just keep on giving". These 'kids' are 32 (my youngest son) and 36 years old (my husband's bipolar daughter who is also on street drugs). If ever the Lord has spoken to me (and I know He has)..it was this day. Thoughts were flowing. "I don't know what NORMAL is. I tried to envision what it would be like to have a family gathering where my functioning kids could interact with the two

'outsiders'. What would it be like to not cringe when the phone rings with the next drama, to plan a vacation for me and my husband where we could just go and have a GREAT TIME without worrying about which one of them were having a crisis! I went on to the realization that "I am all USED UP. There is no more. There is NO joy in my life. No smiles. No laughter. No fun. No hope". Just me, waiting for the next round. My functioning children don't even KNOW me anymore because I have been so consumed with the two that require my time, energy, money and support. Keep in mind, this was NOT a depressing awakening. It was LIBERATING! But I realized I needed a support system because it wasn't going to be easy to keep from falling back into my routine of "fixing" everything for every one else. I started looking for reading material and am so thankful that I ran across this book. I empathized with the author about her son - she and I shared the same feelings and some of the same experiences. The entire book just clarified to me what I needed to do to REALLY help these children.

I was listening to Neil Boran one day and he spoke about giving..I wanted to know as a Christian - when do you "stop" giving - and he highly recommended this book "Bottoke"..sorry just can't think of the name right now and I lent it to my sister. We have had a family crisis for almost 4 years now where we have been supporting our brother (50 years) and it is going nowhere. He continues to be destructive, critical about the world, and does not take responsibility for "his" responsibilities. He continues to make things worse for him and his sisters (6) have been picking up the pieces...this book brought great insight into the situation, it made me realize that I need to trust God for his well being, I am part of the problem..and now sharing with my other sisters who continue to "feel" sorry for our brother. It does not help him and I have now taken a firm stance with the understanding that God does not "expect" me to take on my brother's responsibilities..yes we help, we love, we try guidance and support but enough is enough because when he does not listen - it becomes our fault..and it is true. We enable them to depend on our support and they can do as they please as there are no consequences for their actions. God needs to be his support not me or my sisters..( my brother is a Christian and has been longer then I have). His actions and behaviours were confusing me in my own walk with the Lord and it was scaring me..so this book has brought me guidance, support, comfort and action on how to deal with this. Most of all it helped me deal with my guilt and build my "trust". True love of someone - sometimes will hurt terribly, but ultimately I am trusting the Lord that what ever my brother's ends/situation will be - it is between "him" and God..

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Setting Boundaries – A® with Your Adult Children: Six Steps to Hope and Healing for Struggling

Parents A Young Woman's Guide to Setting Boundaries: Six Steps to Help Teens \*Make Smart Choices \*Cope with Stress \* Untangle Mixed-Up Emotions Goal Setting: Reach Goals Fast: The Ultimate Guide To Goal Setting - The Most Effective Way To Reach Goals Fast (Goal Setting, Motivation, Action Plan, ... Goals, Success, Self-Discipline, Organized) English Garden Adult Colouring Book One Year Day Planner Europe: Adult Colouring Books in al; Adult Colour in Boo; Adult Colouring in al; Adult ... Adult Coloring Books Flowers and Birds in al Setting Limits with Your Strong-Willed Child, Revised and Expanded 2nd Edition: Eliminating Conflict by Establishing CLEAR, Firm, and Respectful Boundaries Dealing with the CrazyMakers in Your Life: Setting Boundaries on Unhealthy Relationships Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents [ 5 SIMPLE STEPS TO FERTILITY: PREGNANT NATURALLY, AFTER YEARS OF STRUGGLING WITH ENDOMETRIOSIS ] By Kesslerova, Pavla ( Author) 2014 [ Paperback ] Memes: Hilarious Adult XXX Memes And Pictures Book (Ultimate Funny Memes Book 41)(Adult Memes, Free Memes, Adult Pictures, Jokes For Adults, Funny Adult Jokes, Adult Joke Book, Sexy Meme) Lean Six Sigma: The Ultimate Beginners Guide - Learn Everything You Need To Know About Six Sigma And Boost Your Productivity! (Lean, Six Sigma, Quality Control) Crystal Healing: How crystal healing works, crystal therapy, the human energy field, gemstones, and how to use crystals for healing and increased energy! Healing Scriptures for a Broken Heart: Experience Emotional Healing and Healing the Wounds of the Past Healing Scriptures: 300 Healing Bible Verses on the Proven Healing Promises from God's Word The Pediatrician's Guide to Feeding Babies and Toddlers: Practical Answers To Your Questions on Nutrition, Starting Solids, Allergies, Picky Eating, and More (For Parents, By Parents) Lean Six Sigma: and Lean QuickStart Guides - Lean Six Sigma QuickStart Guide and Lean QuickStart Guide (Lean Six Sigma For Service, Lean Manufacturing) Lean Six Sigma: The Ultimate Guide To Lean Six Sigma With Tools For Improving Quality And Speed! (Lean, Six Sigma, Quality Control) Agile Product Management: Product Vision:: 21 Steps to setting excellent goals for your product (scrum, scrum master, agile development, agile software development) Boundaries with Kids: When to Say Yes, When to Say No, to Help Your Children Gain Control of Their Lives 7 STEPS to SALES SCRIPTS for B2B APPOINTMENT SETTING. Creating Cold Calling Phone Scripts for Business to Business Selling, Lead Generation and Sales Closing. A Primer for Appointment Setters. Not For Parents How to be a Dinosaur Hunter (Lonely Planet Not for Parents)