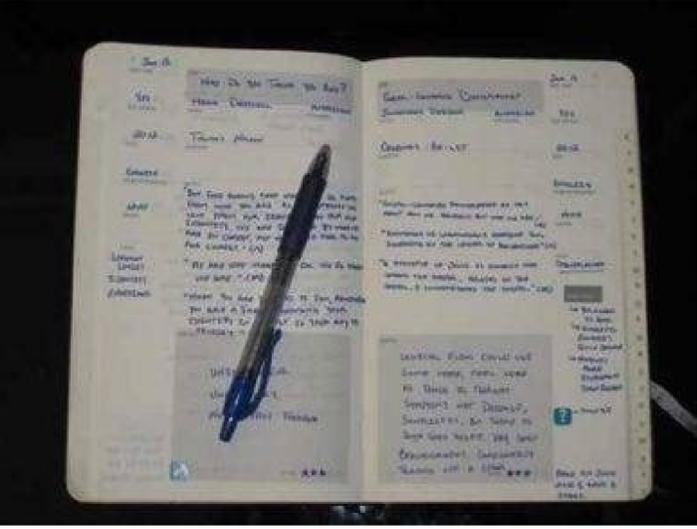
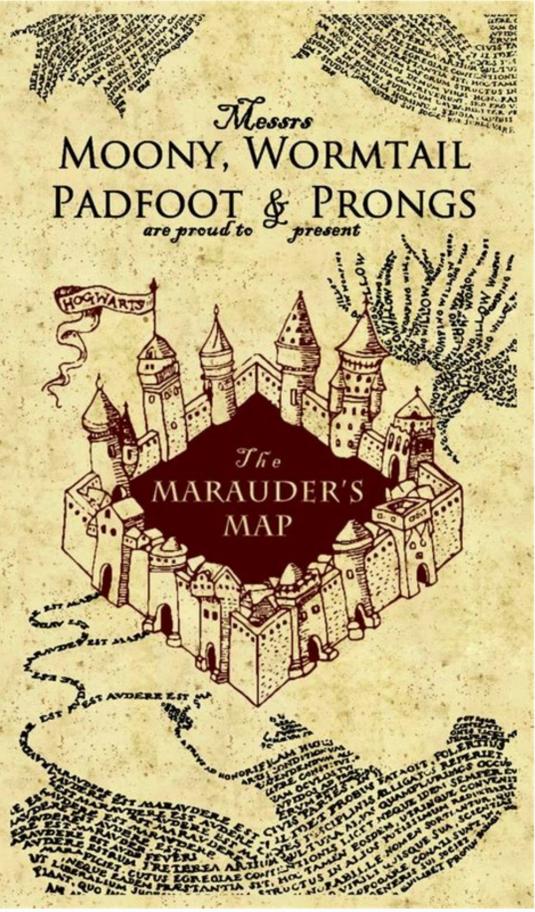
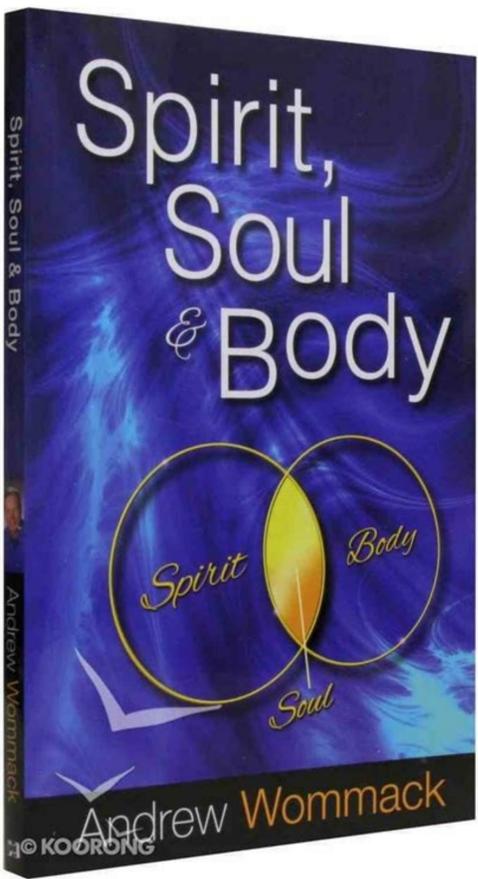


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Boundaries for your soul audiobook. Boundaries for your soul study guide. Boundaries for your soul book. Boundaries for your soul workbook. Boundaries for your soul barnes and noble. Boundaries for your soul review. Boundaries for your soul pdf. Boundaries for your soul alison cook.

About the Book What if such feelings as anger, sadness, and fear could improve life for the better? In this practical, life-changing book, Christian counselors Cook and Miller describe their unique, five-step process for bringing peace to overwhelming emotions and harmony to one's inner world. Book Synopsis Let Boundaries for Your Soul show you how to turn your shame to joy, your anger to advocacy, and your inner critic into your biggest champion. Do your emotions control you or do you control your emotions? Boundaries for Your Soul, written by bestselling authors and licensed counselors Alison Cook and Kimberly Miller, shows you how to calm the chaos within. This groundbreaking approach will give you the tools you need to: Know what to do when you feel overwhelmed Understand your guilt, anxiety, sadness, and fear Move from doubt and conflict to confidence and peace Find balance and emotional stability Gather the wisdom from the authors' twenty-five years of combined advanced education, biblical studies, and clinical practice. This book will set you on a journey to become the loving, authentic, joyful person you were created to be. Praise for Boundaries for Your Soul: Personal growth requires that we create healthy boundaries for our internal world, just as we are to do in our interpersonal relationships. When the various parts of our soul are connected and integrated, the result is that we heal, relate, and function at the highest levels. Alison Cook and Kimberly Miller have written a very helpful, engaging, and practical book on how to accomplish this process. --Dr. John Townsend, New York Times bestselling author of Boundaries and founder of the Townsend Institute Boundaries for Your Soul spoke to me in echoes of already-known, yet-not-fully-applied truths, as well as with sweet new understandings. For both those familiar with Jesus' inner healing and those new to the process, there is real help here. --Elisa Morgan, author of The Beauty of Broken and The Prayer Coin, cohost of Discover the Word, and president emerita of MOPS International 5 Days What if feelings like anger, sadness, and fear could improve your life for the better? In this accompanying devotional to the practical, life-changing book, Boundaries for Your Soul, Christian counselors Alison Cook and Kimberly Miller describe their unique, five-step process for bringing peace to overwhelming emotions and harmony to your inner world. Publisher We would like to thank Thomas Nelson for providing this plan. For more information, please visit: The Publisher Summary: A therapeutic approach to dealing with overwhelming emotions through a process of understanding them as parts of oneself, allowing one's Spirit-led self to befriend and care for these parts, and integrating the parts as a "team of rivals" within one's life. Some feelings are so powerful that they overwhelm us--anger, fear and anxiety, sadness, envy, shame, and guilt. These unruly emotions break the boundaries that enable us to function in a healthy and productive way. How do we control these emotions? Alison Cook and Kimberly Miller propose an approach drawing on the Internal Family Systems Model of Therapy that sees our inner selves, or souls as consisting of a family of parts that works to free unruly parts from controlling roles and our various parts working together harmoniously under our Spirit-led self. This model works off a map of the soul centered around the Spirit-led self who leads with creativity, clarity, curiosity, compassion, and confidence. Around this Spirit-led self are two types of protectors and one vulnerable part. One of the protectors is the manager that manifests in worry, people-pleasing, striving, self-criticizing, controlling, and perfecting. This part tries to protect by keeping us emotionally safe and free of pain. The other protector is the firefighter, that jumps in after painful events to extinguish pain through actions like overeating, addictions, overspending, self-harm, daydreaming, and lashing out. The third vulnerable part represents the exile: shame, fear, insecurity, hurt, loneliness, sadness. Often, a person seems to be struggling with one of the two protectors in action, and a key is quieting them to hear what the exile is saying and needs. The key to beginning to bring these emotions under the control of the Spirit-led self is taking what the authors call a "You-Turn." Instead of fighting or suppressing emotions, this approach assumes we can differentiate our self, particularly our Spirit-led self, from our unruly emotions. They commend five steps: 1. Focus: Noting where we sense the feeling, thoughts or images that come to mind when we focus, early memories of feeling this way. 2. Befriend: Are we able to feel curiosity and compassion toward this part of our soul. If there is some other emotion, that may be a different part, perhaps self-criticism, that needs to be asked to step back. Then as we return to our emotion, we ask, is there more it wants us to know? 3. Invite: Would this part like to invite Jesus to be near? If not, what are its fears and concerns? Can it tell Jesus? Then ask Jesus if he wants to say or do anything, or give a specific gift. 4. Unburden: what has this part been carrying? What does it fear about giving up the burden? Does the part want to release the burden and is it asking anything in exchange? 5. Integrate: This involves checking in with other parts that might not have liked how a part was expressing itself. How can these parts work together as a harmonious family? After outlining these steps, they apply the steps to specific emotions: anger, fear and anxiety, sadness, envy and desire, guilt and shame, and the challenging parts of others. Throughout the book, each step, each situation is illustrated with client stories (with details and identities changed to protect privacy). What is attractive about this book is the clarity and simplicity with which it is written. In addition, for those who share the authors' Christian assumptions, it addresses in one of the most tangible ways I've ever seen, how one lives a Spirit-led life, particularly as this applies to disabling emotions and defeating habits. Finally, this book is a refreshing alternative to the "try harder approaches" that seem to rely on human resolve in either suppressing or overcoming unruly emotions or habits. Instead, it builds on the idea that all of these might be focused on, befriended and listened to. These emotions point to places where we need the Spirit's care and healing. The authors hold out the hope that, in the words of the subtitle we may "turn...overwhelming thoughts and feelings into [our] greatest allies." Disclosure of Material Connection: I received a complimentary review copy of this book from the publisher. The opinions I have expressed are my own. ...more

"Personal growth requires that we create boundaries in our interpersonal relationships. When the soul of our soul are connected and integrated, the result is that we heal, relate, and function at the highest levels. Alison Cook and Kimberly Miller have written a very helpful, engaging, and practical book on how to accomplish this process." –John Townsend, Ph.D. New York Times bestselling author of Boundaries, leadership expert, and psychologist For orders of 25+, get deep discounts from Do your emotions control you, or do you control your emotions? Many people let guilt, anger, or self-criticism dominate their lives and negatively affect their relationships. Boundaries for Your Soul shows you how to calm the chaos within. In Boundaries for Your Soul, Christian counselors Kimberly Miller and Alison Cook describe their unique approach for bringing peace to overwhelming emotions and harmony to your inner world. Is there a spirit-led self within you that emanates love and can lead your inner and outer life? Is it possible for you to love your inner enemies in the same way that Jesus extolled you to love your outer ones? In this beautifully-written book, Cook and Miller not only show you how to do that but also make a strong case that doing so creates enormous inner transformation and peace, turning former enemies into valuable allies. I am thrilled with the way they have translated my work for a Christian audience and believe this book is an extremely important contribution to our culture's healing. "What an accomplishment! When we have dissonance within our souls, our hearts crave harmony and wholeness. This groundbreaking book on boundaries helps us manage our emotions, improve our minds, and enrich our relationships. Everyone needs this!" Boundaries for Your Soul includes relatable anecdotes, helpful exercises, an engaging quiz, and opportunities for personal reflection. Gathering the wisdom from the authors' 25 years of combined advanced education, biblical studies, and clinical practice, this book will set you on a journey to become the loving, authentic, joyful person you were created to be! For orders of 25+, get deep discounts from "Using a psychological lens to refract the complexities and conflicts of the soul, Cook and Miller offer a Christian perspective as a resource to provide awareness, insight, and guidance for anyone seeking to integrate their painful and conflicting thoughts and feelings and achieve internal harmony. This is a worthy challenge and theirs is a remarkable achievement. We highly recommend this book to anyone seeking inner peace and joy, and that is a lot of people!!"

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