



Setting Boundaries for Women: Six Steps to Saying No, Taking Control, and Finding Peace

Allison Bottke

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Women who have trouble setting and enforcing appropriate boundaries with the people in their lives will find help and inspiration in the latest offering in Allison Bottke's popular Setting Boundaries® series. Her six steps to SANITY are:

S...Stop your own negative behavior

A...Assemble a support group

N...Nip excuses in the bud

I...Implement rules and boundaries

T...Trust your instincts

Y...Yield everything to God

Allison's new book will help women who have allowed others to overstep their boundaries, whether it's a spouse, an adult child, a boss, a parent, a neighbor or a friend. *Setting Boundaries® For Women* is designed to inspire, empower, and equip women with the tools to transform lives.

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