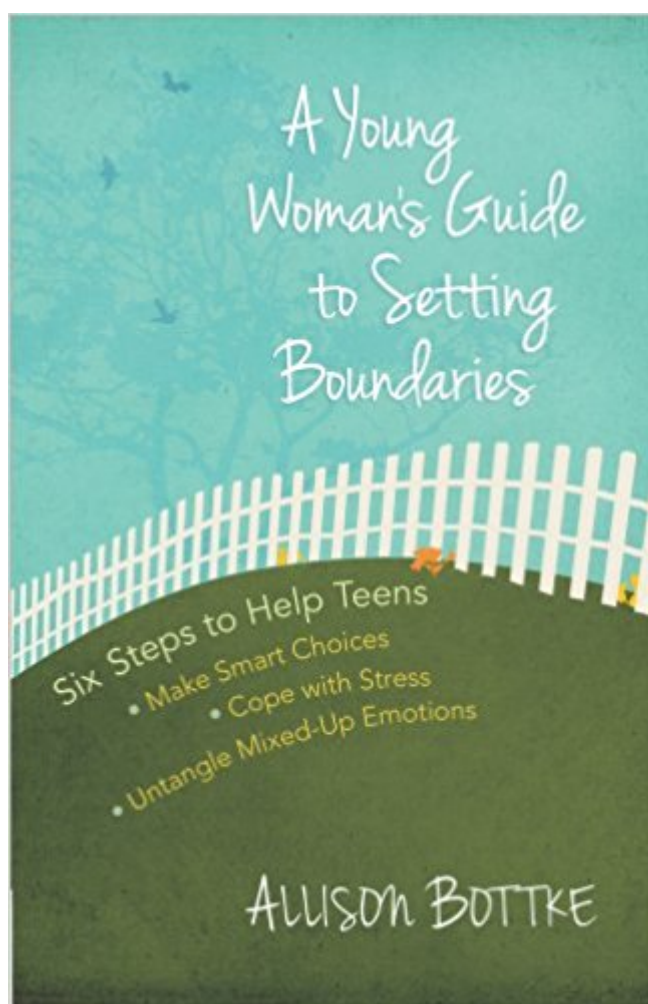


The book was found

# **A Young Woman's Guide To Setting Boundaries: Six Steps To Help Teens** **\*Make Smart Choices \*Cope With Stress \* Untangle Mixed-Up Emotions**





## Synopsis

The teen years, when you're no longer a child but not yet an adult, can be hard. How do you deal with the stress of school, home life, boys, teen depression, peer pressure, and so much more? It's never been easy to be a teen, but today's world brings special challenges that require special skills. The good news is you can learn how to cope with all your stresses when you understand the power and freedom of setting healthy boundaries. You can experience God's unconditional love and acceptance, and find the courage, confidence, and hope that will transform your teen years and become the foundation of your life for years to come. When you discover how to begin setting boundaries, you'll be joining thousands of readers of all ages who have benefited by Allison's popular Setting Boundaries® series.

## Book Information

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## Customer Reviews

Allison Bottke is the award-winning author of the acclaimed Setting Boundaries® series, which includes Setting Boundaries with Your Adult Children, Setting Boundaries with Your Aging Parents, Setting Boundaries with Difficult People, Setting Boundaries with Food, Setting Boundaries for Women, and The Young Women's Guide to Setting Boundaries. She is the founder of the SANITY Support Group, an outreach based on the Setting Boundaries® series (more than 150,000 sold). Her other books include the God Answers Prayers series, and she is the founder and general editor of more than a dozen volumes in the popular God Allows U-Turns® anthology.

She has written or edited more than 30 nonfiction and fiction books, and is a frequent guest on national radio and TV programs. Allison lives in the Dallas/Fort Worth area.[www.settingboundariesbooks.com](http://www.settingboundariesbooks.com)AwardsWinner of the Selah Award for Best Book of the Year for Setting Boundaries with Food in 2013

Great resource for a young lady or any woman that needs to be reminded of boundaries she needs in her life!

Love it

Product arrived as described and was received quickly. Very happy with the purchase; will use this seller again.

Very helpful, for anyone with kids

This was a gift.

Was received in excellent condition.

Hott Review:What I liked: Not even six months ago my Doctor told me that I needed to learn a new word *boundaries*. No. It *was* always been a problem for me. So I added this book to my TBR list.A Young Woman's Guide to Setting Boundaries amazed me. I was shocked at how easily Allison Bottke got to the heart of how I felt. Even though I'm way past my teen years this book still helped me process and move past some of what I was still holding on to with biblical principals and practical advice.This is one book I'll be sharing with everyone!What I didn't like: I SO wish I had this book fifteen years ago when I was floundering!More!Author: Allison BottkeSource: Harvest House Publishers via NetgalleyGrade: AAges: 14+

help me a lot. delivery on time receive it next day . feel very good . New to making homemade bread. i think it is very good ,

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A Young Woman's Guide to Setting Boundaries: Six Steps to Help Teens \*Make Smart Choices

\*Cope with Stress \* Untangle Mixed-Up Emotions The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions (Instant Help Book for Teens) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Smart Girls, Smart Choices: Avoiding the 10 Biggest Mistakes Young Women Make Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT (The Instant Help Solutions Series) Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (Instant Help Book for Teens) Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and (Instant Help Book for Teens) Surviving the Emotional Roller Coaster: DBT Skills to Help Teens Manage Emotions (The Instant Help Solutions Series) Doing Good Better: How Effective Altruism Can Help You Help Others, Do Work that Matters, and Make Smarter Choices about Giving Back The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress Money, A Love Story: Untangle Your Financial Woes and Create the Life You Really Want The Ultimate Audition Book For Teens Volume XIII: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens) (The Ultimate Audition Book for Teens 13, Young Actors Series) The Ultimate Audition Book for Teens Volume VI: 111 One-minute Monologues for Teens by Teens (Young Actors Series) End Emotional Eating: Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food Health Smarts: How to Eat Right, Stay Fit, Make Positive Choices, and More (USA Today Teen Wise Guides: Lifestyle Choices) Beyond the Blues: A Workbook to Help Teens Overcome Depression (An Instant Help Book for Teens) Setting BoundariesÃÂ with Your Adult Children: Six Steps to Hope and Healing for Struggling Parents A 5 Is Against the Law! Social Boundaries: Straight Up! An honest guide for teens and young adults

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