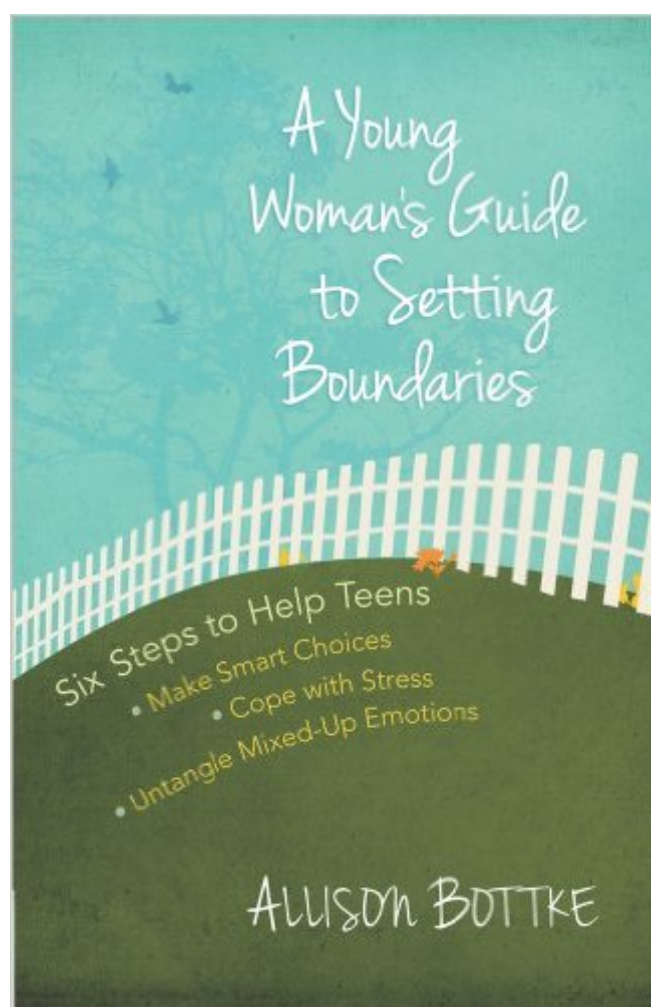


The book was found

# 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

**Hott Review:**What I liked: Not even six months ago my Doctor told me that I needed to learn a new word " No. It's 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+

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

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

Was received in excellent condition.

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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) 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) 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) Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT (The Instant Help Solutions Series) Smart Girls, Smart Choices: Avoiding the 10 Biggest Mistakes Young Women Make When Someone You Love Has Cancer: A Guide to Help Kids Cope (Elf-Help Books for Kids) Doing Good Better: How Effective Altruism Can Help You Help Others, Do Work that Matters, and Make Smarter Choices about Giving Back Smart but Stuck: Emotions in Teens and Adults with ADHD The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress Your Emotions, Yourself: A Guide to Your Changing Emotions (Your Body, Your Self Book) 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 Health Smarts: How to Eat Right, Stay Fit, Make Positive Choices, and More (USA Today Teen Wise Guides: Lifestyle Choices) Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health Deliver Me From Negative Emotions: Controlling Negative Emotions and Finding Peace In The Midst of Storms (Negative Self Talk Book 2) Boundaries in Dating: How Healthy Choices Grow Healthy Relationships Boundaries with Kids: How Healthy Choices Grow Healthy Children Money, A Love Story: Untangle Your Financial Woes and Create the Life You Really Want Setting Boundaries with Your Adult Children: Six Steps to Hope and Healing for Struggling Parents

