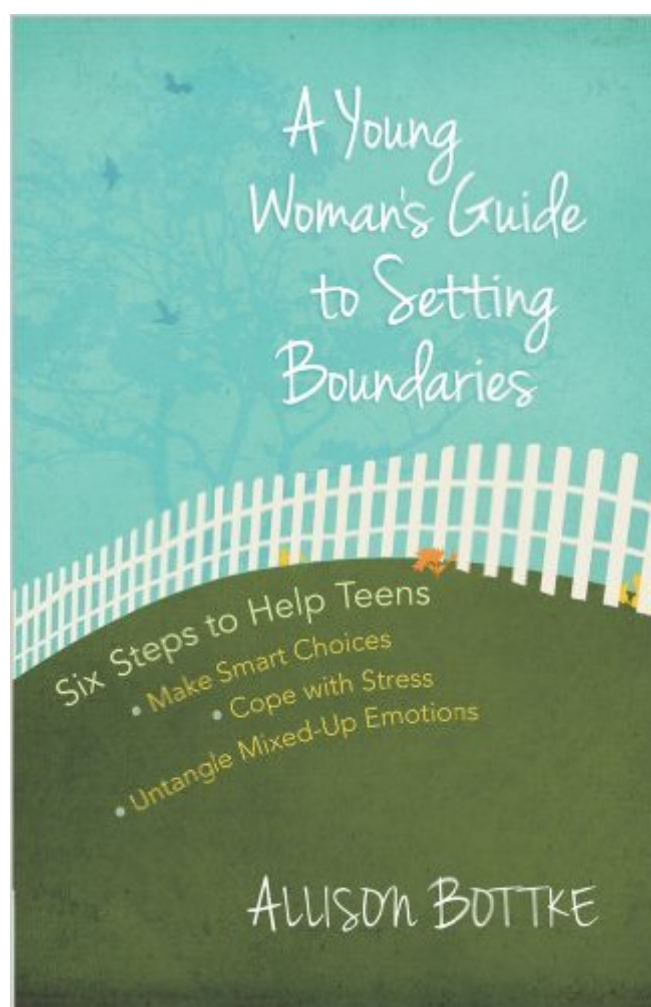


The book was found

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

Paperback: 192 pages

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #190,590 in Books (See Top 100 in Books) #28 in [Books > Christian Books & Bibles > Children's & Teens > Teens > Inspirational](#) #33 in [Books > Christian Books & Bibles > Children's & Teens > Teens > Devotionals & Prayer](#) #195 in [Books > Teens > Religion & Spirituality](#)

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
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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
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