



Beyond Boundaries Participant's Guide: Learning to Trust Again in Relationships

John Townsend

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Painful relationships violate trust and close hearts. But God designed us to experience freedom and love, and to live this way we need to take risks.

After six books on boundaries, bestselling author Dr. John Townsend realized that, though people who experienced tough relationships may put up an emotional wall to protect themselves, they often have no idea how to reconnect with the person who has violated their trust or forge a fresh connection with someone new.

In *Beyond Boundaries*, Townsend offers a simple path to regain the intimacy and fulfilling closeness that every human needs.

How do you know you're ready to trust again ... and what does it take to be ready?

In this six-session, video-based study, Townsend takes participants beyond the pain of the past to re-enter a life of intimate relationships. *Beyond Boundaries* walks through the process of healing broken trust in a relationship or beginning a new relationship in a healthy way. Starting over is possible. You can find the intimacy that you long for, and you can do it in a way that honors God.

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