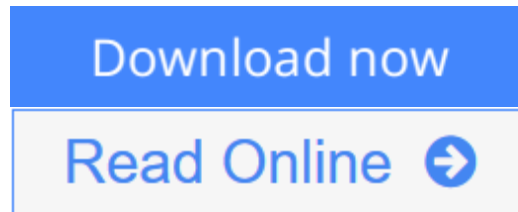




Setting Boundaries® with Your Aging Parents: Finding Balance Between Burnout and Respect

By Allison Bottke



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This important book from the author of *Setting Boundaries® with Your Adult Children* (more than 40,000 sold) will help adult children who long for a better relationship with their parents but feel trapped in a never-ending cycle of chaos, crisis, or drama.

With keen insight and a passion to empower adult children, Allison charts a trustworthy roadmap through the often unfamiliar territory of setting boundaries with parents while maintaining personal balance and avoiding burnout. Through the use of professional advice, true stories, and scriptural truth, readers learn how to apply the "6 Steps to SANITY":

- 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

Resources are available at the ministry website: www.settingboundaries.com

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Editorial Review

About the Author

Allison Bottke is the author of *Setting Boundaries with Your Adult Children* and *Setting Boundaries with Difficult People*, and the founder of the SANITY Support Group, an outreach based on the acclaimed *Setting Boundaries* book series. She has written or edited more than 27 nonfiction and fiction books, and is a frequent guest on national radio and TV programs around the country. Visit Allison at SettingBoundariesBooks.com or AllisonBottke.com.

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