

BOUNDARIES BOOT CAMP IS MORE THAN A WEEKEND WORKSHOP.

Boot Camp is the one-of-a-kind experience that you have been missing. Get hands on training with a boundaries expert. Learn to apply good boundaries with family, friends, co-workers and even bosses. Not only will you see the benefit of confronting tough situations, you will take the next step to achieving solid boundary-setting skills. You will leave the workshop with the ability to put the principles you've learned into practice.

Get ready to take control of your life!



DR. JOHN TOWNSEND

Co-author of the best-selling book *Boundaries*.
Over one Million copies sold.

Cloud-Townsend Resources

18092 Sky Park South, Suite A, Irvine, CA 92614



Boundaries

BOOT CAMP

THE NEXT STEP

**Saying No
Is Just the Beginning...**

DEVELOPED BY

Dr. Henry Cloud & Dr. John Townsend

SUCCESSFUL PEOPLE KNOW HOW TO CONFRONT WELL

They use this skill to improve their relationships both personally and professionally.

Good boundaries lead to more than good relationships; they lead to a secure identity, finding your true purpose and being able to fulfill your unique goals.

Boundaries affect every area of life—including emotional, relational and even habits like overeating or procrastination. Boot Camp will help you get fit from the inside out.

**AN EXPERIENCE THAT
CAN CHANGE YOUR LIFE**

Discover the freedom that comes from developing good boundaries.

A packed weekend schedule includes boundaries teaching by Dr. John Townsend. You will participate in creative experiences, specific topic workshops, group discussions and practical coaching sessions.

Learn to say No
to the things that have been controlling you

and Yes
to the things you really want.

Growth has never been this much fun!

You will learn how to:

- 1) Enjoy being direct and honest in every situation
- 2) Gain control of your life instead of feeling controlled by others
- 3) Overcome the guilt associated with having good boundaries
- 4) Take initiative in dealing with difficult people instead of avoiding them
- 5) Turn dreaded and repetitive conversations into successful ones
- 6) Improve every relationship with better communication

BOUNDARIES BOOT CAMP

NOVEMBER 13, 14, 15, 2009

Register Today: Online, Phone, Fax, or Mail

Name: _____

Address: _____

City/State/Zip: _____

E-mail: _____

Phone: _____

COST:

Early-bird price: \$399 per person

After November 9: \$429 per person

Visa Mastercard Discover American Express

Card Number: _____

Exp. Date: _____

Authorized Signature: _____

Total Amount: _____

SEND CHECKS TO:

Cloud-Townsend Resources
18092 Sky Park South, Suite A, Irvine, CA 92614

TEL: 800-676-HOPE (4673)

FAX: 949-660-0873

ONLINE: www.cloudtownsend.com

EVENT LOCATION:

Westin City Center
650 North Pearl Street, Dallas, TX 75201

TEL: 866-837-4246 or 214-979-9000

MORE INFORMATION:

Directions: www.westindallas.com

Out of town participants contact hotel for room arrangements

www.cloudtownsend.com

1-800-676-HOPE (4673)