



# Nein sagen ohne Schuldgefühle: Gesunde Grenzen setzen (German Edition)

*Henry Cloud, John Townsend*

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Werden Sie von anderen ausgenutzt? Fällt es Ihnen schwer, Nein zu sagen? Klare Grenzen sind wichtig, um ein ausgewogenes Leben zu führen. Die Unfähigkeit, angemessene Grenzen zu ziehen, ist eines der ernsthaftesten Probleme von Christen heute. Dieses Buch hat Tausenden geholfen!

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