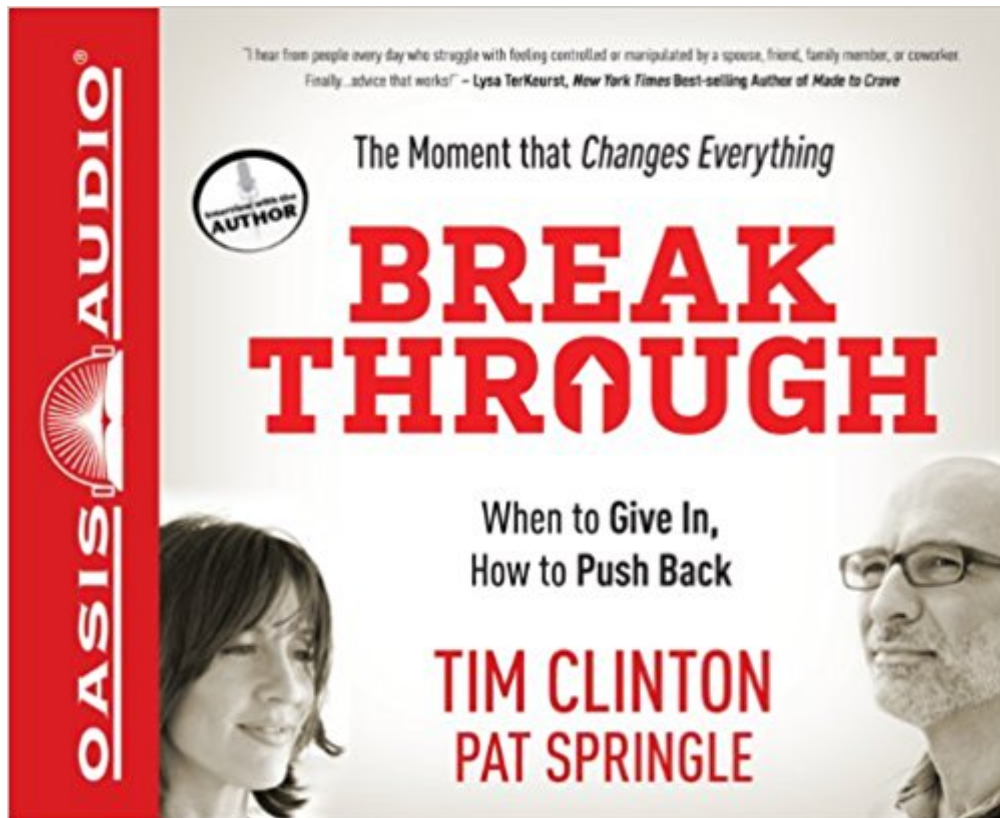




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# Break Through: When To Give In, How To Push Back



## Synopsis

“Well, he does have a good side.” • “You know, it’s probably my fault.” • “She’s had a rough life. I need to cut her some slack.” • When you really care about someone, it’s easy to get stuck in painful, even destructive patterns—caving in to a spouse’s manipulation, ignoring a live-at-home son’s irresponsibility, not confronting a friend’s addiction. We excuse people again and again, and then kick ourselves for not setting better boundaries. But this important audio book, with its transformational tools and insightful illustrations from leading Christian counselor Tim Clinton and noted author Pat Springle, will guide you in not only breaking through to better relationships but making big changes for the better. With their expert principles for learning to say yes when you want to and no when you need to, you’ll discover how to give up your need to please, rescue, fix, or control anyone else. Leave others’ unrealistic expectations behind. Speak the hard truth to those who have hurt you. And exchange harmful relationship habits for healthy ones. Here is the expert advice you need for knowing when to give in and how to push back for the best life you can have with the people you love most.

## Book Information

Audio CD

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Average Customer Review: 4.6 out of 5 stars 85 customer reviews

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## Customer Reviews

"I hear from people every day who struggle with feeling controlled or manipulated by a spouse, friend, family member, or coworker. Finally... advice that works!" —Lysa TerKeurst, New York Times best-selling author of *Made to Crave*

This book shows readers how to protect themselves from the controlling or irresponsible behaviors of others—spouses, parents, friends, or co-workers. Well, I guess he does have a good side. • You know, it's probably my own fault. • I need to cut him some slack, because he's had a rough life. • It's easy to get stuck in painful, even destructive relationships—caving-in to a spouse's addictions and consequent abuses, ignoring a live-at-home son's inconsiderate behavior, or putting up with a supervisor's manipulation or even harassment. • We excuse them again and again, and then kick ourselves for not setting respectful boundaries. • Break Through has a self-test to help readers get back in control; it is filled with useful tools that will help them make big changes in their life. • It will show readers when to give in, but also when to push back for a happier, more stable life. • --This text refers to an alternate Audio CD edition.

I have been married for 18 years. On the outside most people would believe that my life was perfect. 2 well mannered teens, a beautiful home, 2 dogs, and all the comforts and luxuries from owning a successful small business. We attended church faithfully every Sunday as well. Yet, below the surface I was dying inside because years of unresolved conflict in my relationship with my spouse. Over the last several years we went to 4-5 different counselors, attended a few powerful 3 day workshops, yet we still stayed stuck in the crazy cycle. This book has totally opened my eyes and changed my life. As a faithful Christian Man, I am called to lay down my life as Christ did for the church and to love her unconditionally yet at home I was being abused verbally (and even on an occasion physically) by my spouse. For years, each and every time I desired to talk about my deepest matters of the heart (parenting, money, sexual intimacy, etc) my wife's demeanor would turn into an anger raged, venom spitting warrior. The phrases "Your an idiot", "why are you so stupid", "I wouldn't be this way if you wouldn't make me angry", "Your the one who brought this on". Not to mention all the vulgar names I was being called. After the verbal beating she would storm off to the other room to begin the punishment phase where she would sleep in the other room for a few days, make little or no eye contact during the that period and basically punish me until the desire to talk about a problem was long buried beneath the desire to end the punishment. In the past I would retreat and pray for God to give me the strength to endure the suffering in order to love my wife like Christ loved the church. The saddest part of it all is that she has never apologized or asked for forgiveness on a single occasion in 18 years. This book was able to breakthrough to me that pushing back in a god honoring way is ACTUALLY LOVING your spouse. I was lacking the faith in God to sustain me through the "pushing back". at this point in my life I have spoken the truth in love to my spouse and have told her (via letter) that those days of abuse, manipulation, avoidance, withdraw

and escalation are over. I understand that I can not make her change,,but I can change what my response is. I have decided to push back in a loving manner in an attempt to put an end to the dysfunction and I have faith that either we will reconcile and have an incredible testimony to share with others OR God will open the doors to a great new life for me.If you have similar stories about people in your life that seem to drag you into those spots where things just don't feel,right then I highly recommend the book

I bought this book for a friend struggling in a relationship with her son, and ended up reading it myself. It's a clear, concise book with deep insight and solid recommendations for both the enabler and the enabler's "victim". To some degree we have all developed unhealthy interaction techniques. I saw myself on both sides of the issue- the one hurting those I love, and sometimes the one getting hurt. Both positions are addressed. There is no condemnation here, only clear, compassionate and practical advice. Excellent book that I believe can make a real difference in the life of anyone who really wants to have healthier and more joyful relationships.

I have read Boundaries by Dr. Henry cloud and Dr. Townsend. That helped me in a lot of ways move forward with good relationships. This book is a great counterpart helping to examine the root issues of our faulty relationships and provides guidance for working through them.I also really appreciate how the authors point out that when we elevating a human relationship it affects what we do and how we act because we are so concerned about making peace or pleasing someone and this keeps Christ from being the most important relationship in our lives

I try to save the day with my grown kids, to no change in their bad choices, any loving respect for me and, then, my unhappiness and anger at them in the long run. This book showed me that my ways were what was hurting me most and, though it is excruciating to change my actions with them, change is the only way to get on the road of unwrapping my identity from around their problems.

I recommend this book to any person who knows their relationships with people can be more than they are now, who have come to realize they can do something about it and are willing to take responsibility for their own part.Its usefulness is that of a mirror; to look at ourselves and get ready for the day.I would say this book to be a manual (per se) for being the best we can be in any and all relationships we are in.Insightful, simple, eye opening and within it, knowledge you'd wish you'd had years ago.THIS IS FOR ANY RELATIONSHIP, including work/job relations.

This book has truly revealed areas in my life where I needed to "break through" walls or stuck places. I have already used it with people asking for my counsel. I recommend this book to anyone who has "been there, done that" in dealing with difficult people. As Solomon said, there is "...a time to speak and a time to be silent." This book will help anyone with discerning how to do this.

We all have quirks. Cinton and Springle provide a clearcut, down -to -earth picture of where the quirks come from and how they affect us and those around us. They also show us what we must do to get on the right track with ourselves and others. An easily understood and practical book that can potentially change you life-if your willing. Take the leap.

I highly recommend this book because it truly is a "Break Through" revelation into our ownerroneous reactions when trying to "help" another person in need of change Now I readthis book in an effort to educate myself on how I can can change my responses to others.Change in the way I respond that is more open and honest but does not enable codependency.

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