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Getting UNstuck

# Getting Unstuck Pema Chodron Pdf

**Ivy White**



## **Getting Unstuck Pema Chodron Pdf:**

**Boundary Warrior** Ivy White, 2017-10-13 *Boundary Warrior* teaches the importance of healthy boundaries in relationships and how a strong relationship with God is fundamental to practicing solid boundaries. It calls you to examine your boundaries within yourself as you relate to others and in your relationship with your Heavenly Father. The author shares deeply personal experiences that led to her boundary revolution. This book clarifies your role and responsibilities in various types of relationships. It teaches you how to free yourself of false shame, false guilt, misguided principles, insecurities, and deep regret. It also teaches how to say no to others when appropriate and yes to yourself and the life God called you to live. Should you dare to take a leap of faith and apply these concepts, *Boundary Warrior* will end your unnecessary suffering, replacing it with a peace unlike you've ever known. Ivy White makes it clear why a relationship with God is an essential element to healthy boundaries. When the two merge together, every step you take is lighter. Your path in life becomes clearer and filled with hope. Nonsense emotions disappear. Peace, love, joy, confidence, and self-acceptance abound. The chains of insecurities and fears shatter, releasing your personal freedoms. Ivy White challenges you to embark upon your boundary journey. Dare to break the chains. Dare to be a *Boundary Warrior*.

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