



"RELATIONSHIPS ARE WONDERFUL... UNTIL THEY ARE NOT"

NEW YORK TIMES BESTSELLING AUTHOR LYSA TERKEURST SHOWS HOW BETTER BOUNDARIES LEAD TO BETTER RELATIONSHIPS



Nashville, TN, (July 15, 2022) — You’ve worried about this relationship problem. You’ve talked about it, tried to navigate it, followed wise advice and made changes. You have tried everything to fix the relationship but nothing is working. You’ve prayed. A lot. You want to save the relationship more than anything, but the other person is either unwilling or incapable of joining you in making healthy changes. The situation is beyond difficult; it’s now unhealthy and destructive. Something has to change, but what?

In her latest book, *Good Boundaries and Goodbyes: Loving Others Without Losing the Best of Who You Are* (Thomas Nelson, November 2022), #1 New York Times bestselling author **Lysa TerKeurst** helps readers navigate one of life’s most impactful realities – “Relationships are wonderful...until they are not.” Utilizing thousands of hours of research and her own personal story, Lysa has a proven plan on how to set healthy boundaries from a place of love when relationships are difficult.

“Have you ever considered that establishing healthy parameters in your relationships can be an act of love?” asks Lysa TerKeurst. “Setting boundaries from a place of anger and bitterness will only lead to control and manipulation. Setting boundaries as a punishment will only serve to imprison us. But setting boundaries from a place of love allows relationships to grow deeply because they thrive within the safety of health and honesty. **Boundaries aren’t about leaving people, surprisingly, boundaries help you love people without losing the best of who you are.**”

Good Boundaries and Goodbyes reflects the guidance Lysa received from her own counselor, Jim Cress, as well as her own personal study and application. She shares how some of her important relationships have been restored to a healthier place even as others have warranted a heartbreaking goodbye. Key takeaways from the book include:

- A confident understanding that boundaries are not just a good idea, they’re a God idea
- 5 guidelines for implementing healthy boundaries
- Tools for healthy ways to have hard conversations
- How to recognize when a relationship becomes unsustainable or unsafe and a goodbye may be necessary
- The purpose of a boundary isn’t to shove others away but to help hold ourselves together

“I know what it feels like to be paralyzed by another person’s choices and not know what to do about it,” writes Lysa TerKeurst. “In the past I’ve been hesitant to draw boundaries both because it felt uncaring and I didn’t have the

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confidence to know how to implement and communicate healthy boundaries especially when others don't respect my parameters. Now, I know that good boundaries are the only fighting chance we have for navigating relational challenges in productive and healthy ways. And I have a much better understanding that when good boundaries aren't honored, a relationship becomes unsustainable. Yet even then, when good boundaries lead to goodbyes, it doesn't make us a relationship failure."

Good Boundaries and Goodbyes helps readers learn how to be honest when they are hurt – without living in a perpetual state of hurt. Lysa explains how good boundaries pave the road for the truest and purest version of love to emerge within relationships. Readers are empowered to choose healthy strategies to address painful relationships as Lysa helps them to:

- Determine the appropriate amount of personal and emotional access someone should have based on how responsible that person will be with that access with her unique "access vs responsibility" diagram
- Stop being misled and emotionally paralyzed by wrongly interpreted or weaponized ideas that perpetuate unhealthy dynamics in difficult relationships.
- Overcome the frustrating cycle of ineffective boundary-setting with realistic scripts and practical strategies to help them communicate, keep, and implement healthier patterns.
- Be equipped to say goodbye without guilt when a relationship has shifted from difficult to destructive and is no longer sustainable.

In *Good Boundaries and Goodbyes*, Lysa helps readers see the benefit of boundaries, illustrating when set appropriately and kept consistently, boundaries really do serve to help keep us safe and our relationships enjoyable. She will help us discern how to identify when a boundary is needed, how to communicate this to the other person and what to do when our boundaries are violated. Lysa teaches how to make peace with what drawing boundaries could cost us relationally if the other person refuses to stop hurtful and unhealthy patterns. She says: "If we aren't convinced of how much a boundary will help us, we will be too afraid of what the boundary will cost us."



Lysa TerKeurst is president of Proverbs 31 Ministries and the author of more than twenty-five books, including *It's Not Supposed to Be This Way* and the #1 New York Times bestsellers *Forgiving What You Can't Forget* and *Uninvited*. She writes from her family's farm table and lives in North Carolina. Connect with her at www.LysaTerKeurst.com or on social media @LysaTerKeurst.

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