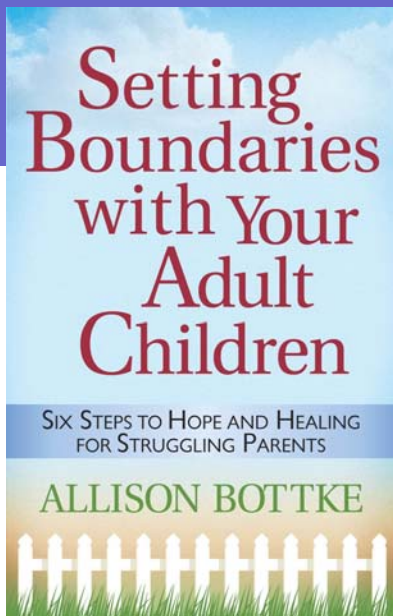


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**Six S.A.N.I.T.Y. Steps for  
Regaining a Healthy  
Relationship with  
Adult Children**

**S** = **STOP** the Flow of Money  
**A** = Assemble a Support Group  
**N** = Nip Excuses in the Bud  
**I** = Implement Rules/Boundaries  
**T** = Trust Your Instincts  
**Y** = Yield Everything to God



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*“Lack of boundaries with adult children is a worldwide epidemic with catastrophic consequences. Allison shares not only her experience as a parent who has traveled this painful road, but gives readers concrete tools to stop the insanity and start living a life of hope and healing. **Setting Boundaries with Your Adult Children** is destined to be the official resource of hope for countless parents and grandparents.”*

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