



## Press Release

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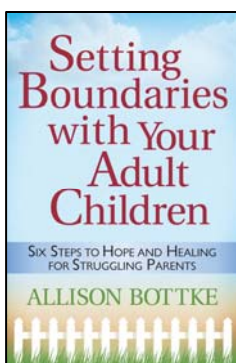
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### *Author to Help Parents Set Boundaries through Blog Tour*

**Eugene, Oregon—February 20, 2008—**As a rainbow follows the storm, hope can follow hardship for parents whose adult children act more like children than adults. This is the message Harvest House author Allison Bottke has for parents who find themselves without healthy boundaries.



A blog tour is launching in April for Bottke's new book [\*Setting Boundaries with Your Adult Children\*](#) (February), which helps parents understand the crucial difference between helping and enabling, and how that new perspective can change the course of a parent's life.

Visit <http://www.sanitysupport.com/blogtour.htm> to sign up or get more information on the tour.

"The tour is filling up fast and we are thrilled with the response so far," says Bottke. "My desire is that every parent who suffers from the lack of boundaries in their lives and consequently, in the lives of their children, can find strength and healing from this book."

In *Setting Boundaries with Your Adult Children*, Bottke shares the vital message that we handicap our adult children when we don't allow them to experience the consequences of their actions. This important and compassionate new book from the creator of the successful *God Allows U-Turns* series will help parents and grandparents of the many adult children who continue to make life painful for their loved ones.

Writing from firsthand experience, Allison identifies the lies that kept her, and ultimately her son in bondage—and how she overcame them. Additional real life stories from other parents are woven through the text. A tough-love book to help readers cope with dysfunctional adult children, *Setting Boundaries with Your Adult Children* will empower families by offering hope and healing through S.A.N.I.T.Y.—a six-step program to help parents regain control in their homes and in their lives.

S = STOP Enabling, STOP Blaming Yourself, and 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 a Higher Power

Foreword by Carol Kent (*When I Lay My Isaac Down*)

*Print quality images to accompany this press release are available in digital format. Available images are: cover art, author photo, Harvest House logo.*

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