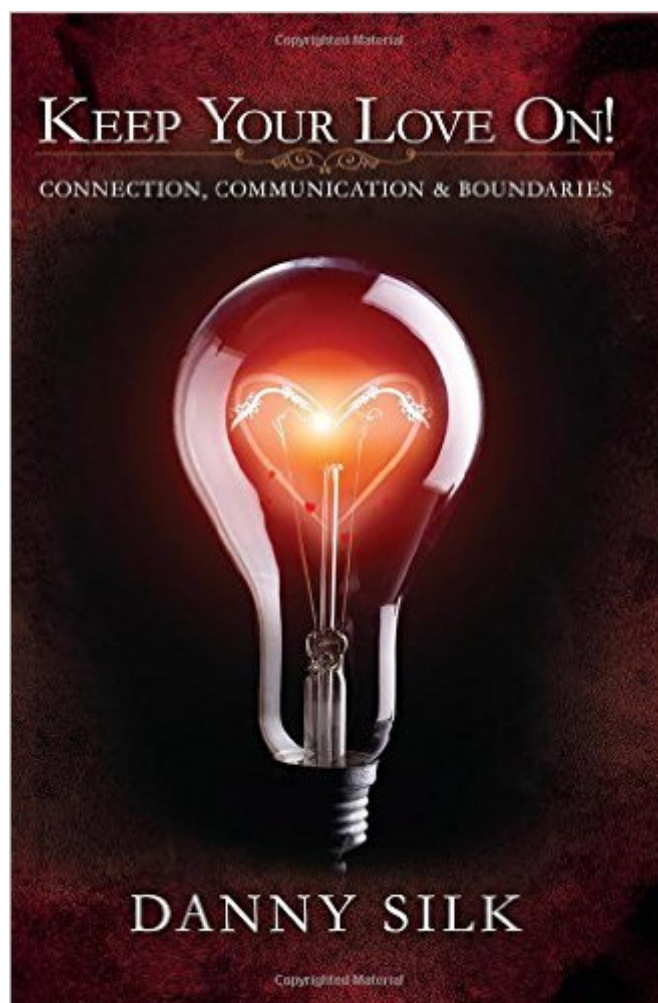


The book was found

# Keep Your Love On: Connection Communication And Boundaries



## Synopsis

Keeping your love on. It's a hard thing to do. Sometimes it's the hardest thing to do. But if you want to build healthy relationships with God and others, learning to keep your love on is non-negotiable. Adults and children alike thrive in healthy relationships where it is safe to love and be loved, to know and be known. Yet for many, relationships are anything but safe, loving, or intimate. They are defined by anxiety, manipulation, control, and conflict. The reason is that most people have never been trained to be powerful enough to keep their love on in the face of mistakes, pain, and fear. *Keep Your Love On* reveals the higher, Jesus-focused standard defined by mature love—love that stays on no matter what. Danny Silk's practical examples and poignant stories will leave you with the power to draw healthy boundaries, communicate in love, and ultimately protect your connections so you can love against all odds. As a result, your relationships will be radically transformed for eternity. When you learn to keep your love on, you become like Jesus. (Danny Silk)

## Book Information

Paperback: 176 pages

Publisher: Loving On Purpose; New edition (April 21, 2015)

Language: English

ISBN-10: 1942306067

ISBN-13: 978-1942306061

Product Dimensions: 5.9 x 0.5 x 8.9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (709 customer reviews)

Best Sellers Rank: #4,690 in Books (See Top 100 in Books) #17 in [Books > Christian Books & Bibles > Christian Living > Dating & Relationships](#) #35 in [Books > Christian Books & Bibles > Christian Living > Marriage](#) #1087 in [Books > Religion & Spirituality](#)

## Customer Reviews

I had been diagnosed bipolar 1 nearly three years ago and I have learned that there is a popular belief within the bipolar community that we are powerless to our diagnosis. My mood swings were killing my relationships and tearing my life apart. After researching and reading many forums about this diagnosis, I found that I got comfortable believing the lie that bipolar 1 controlled me. It was easier to shut my brain off and react to every trigger and blame my circumstances and environments rather than trying to live powerful and take responsibility for my own actions. After

many months of powerless living, broken hearts and rubbing elbows with other sick individuals to create a toxic comfort zone, I found that I was alone. Yes, surrounding myself with seemingly "safe" but broken people that agreed with me was not helping my situation and the real problem at hand. My heart told me there was more to this diagnosis than just coping with it. Medication was one thing, which took care of the logistics of my situation but my heart was still so very sick and out of control. I knew that something needed to move, and this book along with many of his other books, helped me identify the lies that I was believing that funded my powerless behaviors. I greatly anticipated this book and am so glad it's finally here as Danny Silk defines what real power and freedom is, and what I really do have control over. He defines what slavery looks like too and I found so many parallels. The ideas that are expressed in this wonderful piece have helped me understand how to conduct relationships on every level with all types of people. I now understand that I may be bipolar, but that is just a diagnosis, and is no excuse for poor living.

If you have a stack of books you want to read about love languages, boundaries, communication and relationship psychology, set them aside for when you have a few months of free time....Now, pick up a copy of 'Keep Your Love On' by Danny Silk. I am a long time reader and listener of Danny Silk's wisdom and this little gem is a streamlined reference for many of the things that he passionately believes in and teaches for maintaining healthy relationships - from spouse to acquaintance. Utilizing easy to understand analogies and other tools, Silk shares what it takes to keep loving even in the midst of conflicts that arise in our dealings with fellow humans. Some of my favorite things:-His focus on the incompatibility of love and control.-His emphasis on learning to communicate one's own actions rather than dictating to others what they should do.-Instruction on learning how to decide who you will say 'yes' to and who that means saying 'no' to.-I love the diagram Silk created to illustrate levels of intimacy needed to "cultivate and protect boundaries." Your Inner-most circle is for God, next for your most intimate human relationship, and from there the circles flow out farther away into the most outer circle to whom you might love with prayers or hopeful thoughts but not much else (as an example in his diagram, Silk's outer circles are populated by Charlie Sheen and Al Qaeda...I'm not sure if that's a commentary on his opinion of Charlie Sheen or not, but it made me laugh!).-In the same chapter on levels of intimacy I found the peace that I needed in reconciling my desire to love unconditionally with my need to change the dynamic of a formerly close relationship...

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