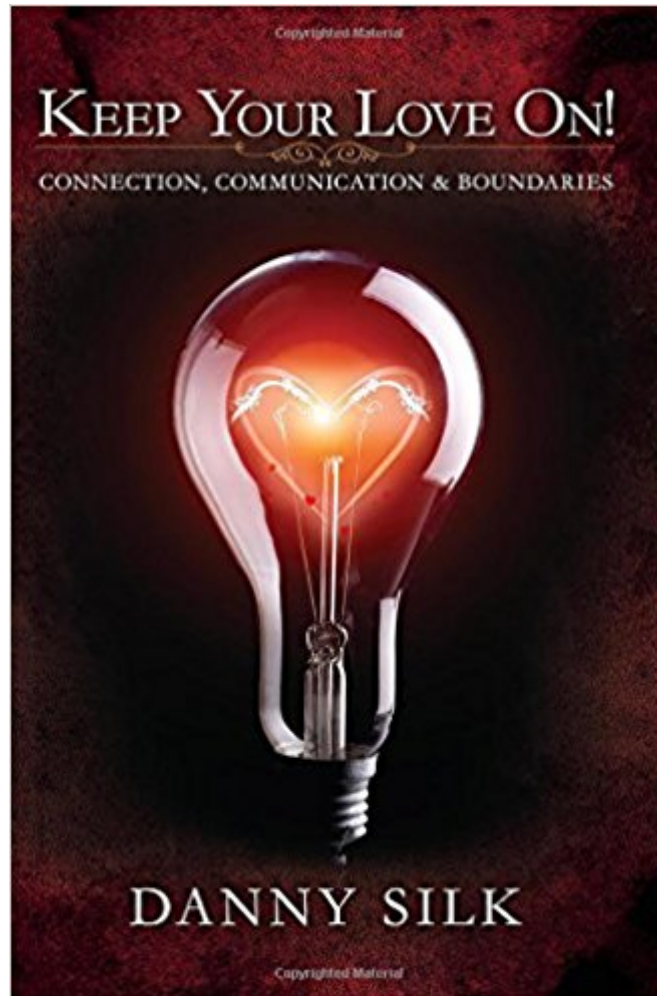




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Keep Your Love On: Connection Communication And Boundaries



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

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Customer Reviews

The beauty of this book *Keep Your Love On* is that it isn't a one time read. It is one of those books that helps to recalibrate your heart for yourself and those around you at any point in your life. —Eric Johnson, Senior Leader, Bethel Church, Redding, CA (Eric Johnson) Danny Silk's book, *Keep Your Love On*, is a treasure map that illuminates the way to stay connected with others, even in the face of relational conflict. The truths revealed in this book will bring hope and

direction to those who are trying to navigate the often challenging and sometimes frustrating waters of becoming powerful people and managing yourself. If you long to know how to keep your love on in every circumstance, this book is for you! I highly recommend it. •Kris Vallotton, Senior Associate Leader, Bethel Church, Redding, CA (Kris Vallotton)

Danny Silk serves on the Senior Leadership Team of both Bethel Church in Redding, CA and Jesus Culture in Sacramento, CA. He is the President and Co- Founder of Loving on Purpose, a ministry to families and communities worldwide. Danny is also the author of five books covering the subjects of building successful relationships, a culture of honor and strong families. Danny and Sheri married in 1984 and have three children and three grandchildren.

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. I am no longer fused with my diagnosis and am free to take control of my life and goals for relationships. I find that I have to think a lot harder about things, because everything is not as it seems the first, second and sometimes third time around but it is possible to live in control of me. Reading this wonderful book leaves me empowered to be me without feeling embarrassed, scared, or anxious about showing the

world who I really am. Thank you Danny and Sheri. I love you both so much and am reading this a second time around with my husband. Jessica

I'm a Marriage and Family Therapist and recommend this book to some clients. Danny Silk does a fine job with the topics of connection, communication, and healthy boundaries. All critical components of a healthy relationship. I often suggest the couple purchase two books. Read through a chapter and highlight pertinent content. Then come together each week (with no distractions) and talk about what stood out for them. Some people have reported "this is the best book on marriage I have read." Consider that at no charge.

My wife and I picked up copies of Keep Your Love On! ("KYLO") for our 8 year anniversary. As we had followed a small group study on Mr. Silk's "Loving Your Kids on Purpose", and found his teaching to be incredibly practical in our day to day relations with our children, we were excited to see what Mr. Silk had to say about marriage. More than a book on marriage, KYLO is an overview of how to create and foster intimate interpersonal relationships by learning to make connections, communicate effectively and set appropriate boundaries. Mr. Silk uses anecdotal experiences from his personal life and ministry to set the stage for each chapter in the book. What I ended up walking away with from KYLO was the discussion on "love languages" (how people receive and give love); the seven pillars of a healthy relationship; communicating in conflict; and a breakdown on the various levels of intimacy. These concepts gave my wife and I, who on all accounts have a happy marriage, food for thought and opportunities to discuss how to make our "good thing" better. Though the book is written from an evangelical Christian perspective, I believe the book has value even for non-Christians. The analysis of interpersonal dynamics, communication styles, and behavioral cycles all have a secular academic foundation which comes to the same conclusions Mr. Silk arrives at by biblical means. Though "self help" books are not a genre I usually cozy to, I thoroughly enjoyed KYLO. I would recommend this book for anyone who wants to know what a healthy relationship looks like and how to foster healthy relationships in your own life.

As I attempted to navigate my ex-husband and his wife's ferocious attempts to slander and intimidate me, this book became like a bible to me. I was desperately trying to process the severity of what was happening and how to handle it. We are all 'broken' in some way, but when people are afraid they often feel powerless and think their only way to gain power back is to manipulate and bully others in sometimes horrible ways. To hear Silk explain how fear brings out the worst and most

unbelievable behavior in people, I came to see these two (2) people with new eyes that allowed me to view them with compassion, pray for them and 'keep my love on'. It certainly didn't excuse their behavior, but freed ME from the fear, bitterness and self-righteousness I felt toward them. I recommend this book ALL the time to anyone who has someone difficult, toxic or just downright mean in their life, but chooses to honor God by loving in return.

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