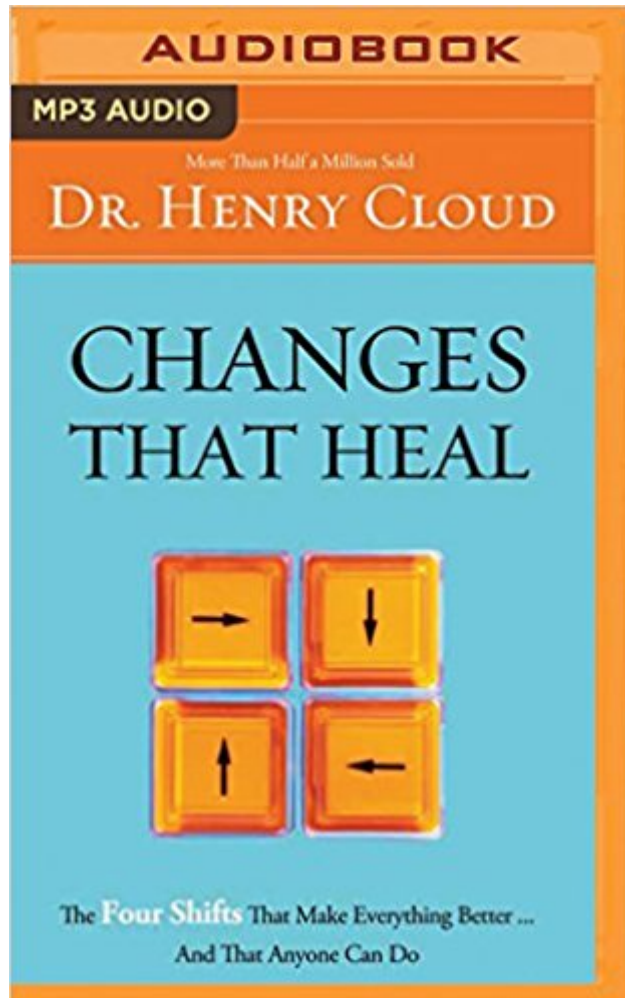




The book was found

Changes That Heal



Synopsis

In this ground-breaking book, Dr. Cloud takes the reader step-by-step through the four basic tasks of becoming mature image bearers of God: Bonding to others, Separating from others, Sorting out good and bad in ourselves and others, and Becoming an adult. Dr. Cloud not only explains and describes each task, he also identifies the problems that result when we fail to accomplish that task, and he shows us what changes to make in our lives in order to bring about healing.

Book Information

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Customer Reviews

Never before has an expert defined the steps toward self-fulfillment and satisfying relationships with such clear, insightful, and easy-to-follow guidelines. In *Changes That Heal*, Dr. Henry Cloud, a renowned clinical psychologist, combines his expertise, well-developed faith, and keen understanding of human nature in a four-step program of healing and growth. Dr. Cloud's down-to-earth plan shows you how to: bond with others to form truly intimate relationships, separate from others and develop a sense of self, understand the good and bad in yourself and others, and grow emotionally and spiritually toward adulthood. Filled with fascinating case studies and helpful, easy-to-adopt techniques, *Changes That Heal* offers sound advice that helps you get the most out of your life, heal the wounds of your past, and build lasting, loving relationships. --This text refers to the Mass Market Paperback edition.

Dr. Henry Cloud & Dr. John Townsend are popular speakers and cohosts of the nationally broadcast *New Life Live!* radio program. They are authors of the New York Times bestseller

Boundaries and many more books, including Boundaries with Kids; Boundaries in Dating; Our Mothers, Ourselves; Safe People; and Boundaries in Marriage.

I came upon this book almost by accident, as I was asked to teach it to a group of Bible College students in Honduras. I was impressed by the helpful connections Dr. Cloud makes between emotional/psychological stages of growth and the journey of Christian growth. He illustrates each of these changes with real-life stories that make the underlying concepts easier to understand and apply. One of the points the book makes is that these changes can be made only in our relationships to others. Therefore, while reading this book is helpful, studying this material in a group, led by a capable facilitator, would give a better opportunity for positive change. This book is well worth reading and sharing with others.

A book that covers a lot of territory! I highly recommend this. It addressed a lot of events & responses in my life & also helped to understand what some of my friends have gone through & why they now live and behave the way they do. My husband & I attended the Ultimate Leadership workshop hosted by Cloud & Townsend & this book was the required pre-read before the workshop. It helped both of us recognize why we are doing the things we do & how we need to change, while giving us the tools to make those changes happen. A lot of it boiled down to a changed way of thinking about things. This made a big difference in my life & validated some of the things I felt like I needed to change but wasn't sure on.

I highly recommend this book for those who grew up in dysfunctional families. Unfortunately we bring our childhood scars into adulthood - to our families, jobs, and even our relationship with God. This book helps us uncover the dysfunction and gives us a set of tools to help us move from a one-down relationship to equal status as adults. It is never too late in our lives to make these shifts toward becoming a more mature and loving adult!

This is one of the best self help books I've ever read. My church recommends all members to take the class of the same name. I've seen so much growth in myself and others that attended the class.

Well done and unique. The Bible references are used in context and are appropriate for the concepts taught. The concepts are set out clearly with enough "real life" stories to keep the reader engaged. This is not a simple "feel -good" book. It's the real deal, and thus the book is best taken a

few chapters at a time. My family has now given away many copies of this book, and we are using the workbook as a family. Not gimmicky. Practical, in-depth content. This book will stay in our library. We think it's a wonderful tool for helping us all to mature. (Even our teens!)

This is a well-written book that all Christians would profit from reading. It reviews much of the psychological principles that many have forgotten or failed to understand and assimilate, It demonstrates that our understanding of Christian Spirituality is not that foreign to psychology. It is a very practical book in that it relates to our everyday living and character development. In many ways I feel that it is even more important a work than the better known book, "Boundaries" co-authored by Cloud.

Huge Henry Cloud fan. I read this when I was dealing with many situations that were beyond my control or at least that's what I thought until I read Changes that heal. Henry Cloud's books are so much more than self-help books. I get so much out of them that I actually absorb the words and am able to apply them to my life and they have such a positive impact.

Excellent book by an excellent author. Easy to understand; good insights. Very helpful to me in healing emotional issues I've carried around since childhood. Helps to understand why other people act and react the way they do, also. I would very much recommend this book for emotional healing and growth.

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