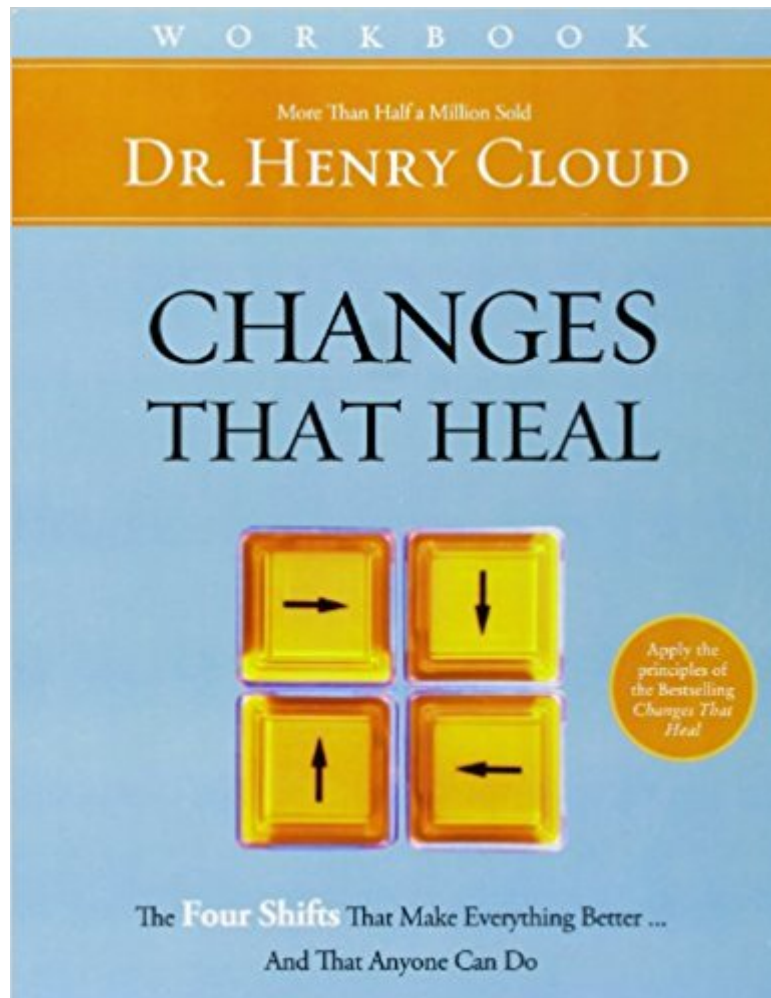




The book was found

# Changes That Heal Workbook



## Synopsis

Make Discoveries . . . This companion workbook will lead you step-by-step through the important principles from Dr. Cloud's groundbreaking book, plus give you practical suggestions for discovering the answer to the following questions and more. - What are the four basic tasks of becoming mature image bearers and more? - How do I accomplish these tasks? - What problems result because of failure to accomplish these tasks? - What changes do I need to make in my life In order to bring about healing? Make Changes . . . Once you've learned and accomplished the four basic tasks that are absolute necessary for emotional and relational stability, you'll have learned to: Bond to others - Separate from others - Sort out good and bad in yourself and others - Become an adult . . . that makes a difference!

## Book Information

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## Customer Reviews

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makes a difference!

Dr. Henry Cloud is an acclaimed leadership expert, psychologist, and New York Times best-selling author with his books selling more than 10 million copies. As a speaker, Dr. Cloud has shared the stage with many business and global leaders and experts, such as Tony Blair, Jack Welch, Condoleezza Rice, Desmond Tutu, Malala Yousafzai, and others. In his leadership consulting practice, Dr. Cloud works with Fortune 500 companies and smaller private businesses alike. He has an extensive executive coaching background and experience as a leadership consultant, devoting the majority of his time working with CEO's, leadership teams and executives to improve performance, leadership skills, and culture. Dr. Cloud lives in Los Angeles with his wife, Tori, and their two daughters, Olivia and Lucy.

I am learning so much valuable, life-changing info from Dr. Cloud. I have purchased several of his books but this one is a great place to start. The others I have, Safe People, Necessary Endings, and 9 Things you Simply must Do all expand on what I learned from Changes, or they seem to for me. Last week was week one of a 13-week small group study we are now doing at my church utilizing the Changes workbook. It may be 20 years since this was written but the learning is timeless. I had been desiring change in my life for years but did not know how to go about it and kept hearing a lot of "shoulda" instead of "let me show you how". I love that there is no condemnation in his method of teaching. Everyone who has struggled and wants change will find it here. It is not easy. This takes work. My life is changed and I am healing.

This book is an excellent guide to help understand the basics of healthy relationships. The only drawback is if you are unable to see your own flaws then this won't bring about the changes the book is addressing. Some people will need the help of a really insightful, competent counselor.

Still working thru this one and the workbook....you simply cannot rush thru the books and this is great for small group or individual healing. Cloud and Townsend are amazing both together (Boundaries) and in their separate works.

Although I didn't get to finish my group study of this book and workbook I did finish on my own and it was very powerful. I recommend it to everyone. Break it up into weekly sessions like you would do if you were taking the group class, it really forces you to think about some stuff and work through

some issues.

This book is wonderfully written with scripture to reference concepts. It written in an easy to read language and explanations are clear with scriptures as a reference. I recommend for anyone that is facing relationship, depression or other struggles and challenges. I enjoy all of Henry Cloud's books.

Awesome book and workbook.

great

I facilitate a book club and will use this for my discussion questions. Very pleased with this workbook by Dr. Cloud.

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