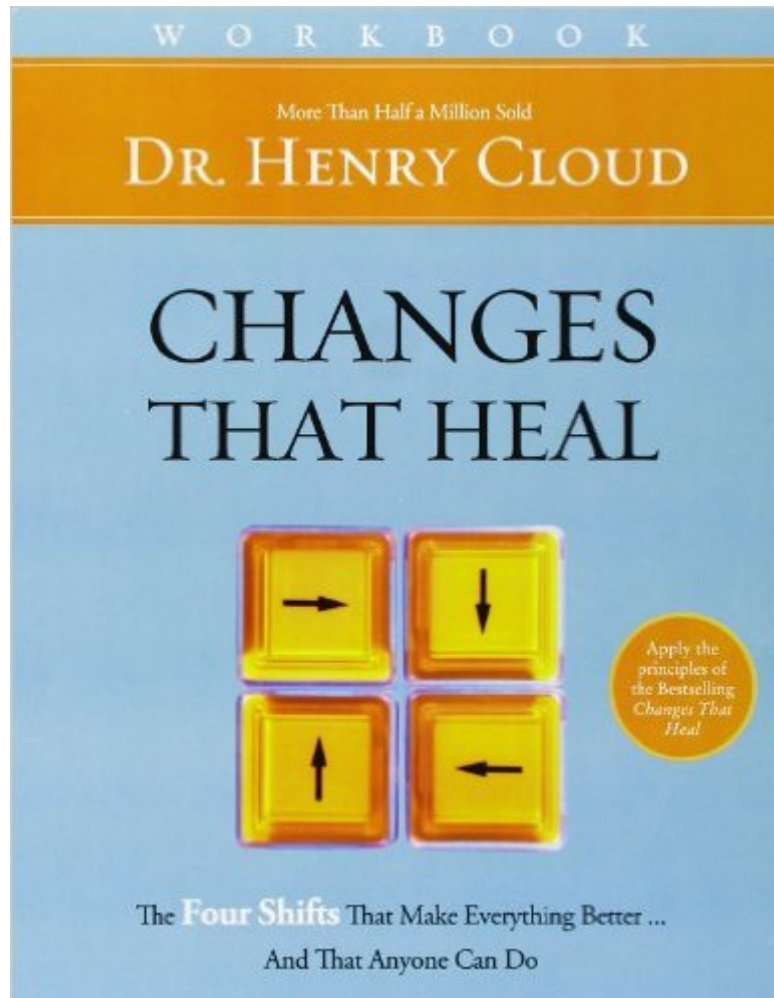


The book was found

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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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (42 customer reviews)

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Customer Reviews

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.

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.

We used the workbook along with the Changes That Heal book in a small group study at church. The workbook brings probing questions for consideration and discussion. Some people in the group wished that we had allotted more time to go over the materials (we took 12 classes) of the Changes That Heal book and workbook to delve deeper into the weighted topics. The areas that Henry Cloud has targeted for change are the roots of many painful life experiences. Open discussion among trusted friends is very cathartic and has a healing effect.

I started to use the workbook after reading the book "Changes That Heal." I stopped because a friend of mine is reading the book and when he's done we're going to use this together. From the few chapters I've done, however, I can see it will be very useful in being able to apply the concepts from the book to our lives. I am presently reading another fine book by Henry Cloud and John Townsend called "How People Grow" in the meantime. Henry Cloud writes in a way that makes total sense to me and ministers to my needs in a wonderful way. He seems to really hit the nail on the head regarding my issues.

I am constantly referring to this book in my life and ministry. It has really helped me understand myself and others. I recommend it all the time. I also recommend the workbook that you can buy separately. It helps me, and it helps me lead my mentees through the book.

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 wasn't necessarily something I thought I still needed, but as its the first one in the series of healing I thought I'd start there. It is a great read and many of the workbook items I have dealt with a very long time ago, but even so, there are still many things to learn. I don't think you can ever

"know it all".

this book has changed my life....the author brings in case studies and relates psychology to spirituality in a way that makes sense. I was spiritually broken which affected me psychologically. Dr. Cloud makes the connection without hitting you over the head with religion.

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