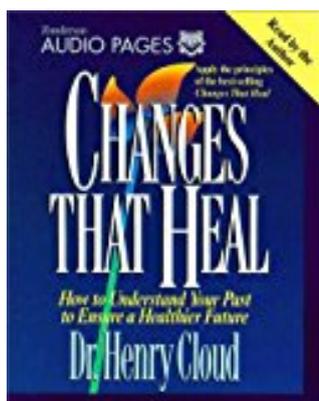


[PDF] Changes That Heal

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Description:

From the Back Cover Many of us struggle with depression, anxiety, panic, addictions, and guilt. Often the source of this pain lies buried in patterns of behavior that we learned as children and continue to practice today. Because of poor parenting or childhood trauma, our growth toward maturity slows or stops entirely. To become mature image-bearers of God, says Dr. Henry Cloud, we must learn to do four things: - Bend to others - Set healthy personal boundaries - Accept both the good and bad in life - Develop the traits of adulthood In *Changes That Heal*, Dr. Cloud explains each of these needs. Then he identifies problems that arise when they are not met, and shows what changes to make to bring healing. With solid scriptural insights, *Changes That Heal* helps listeners

form healthy relationships with themselves, others, and God--relationships that will bring new richness and purpose to life. Dr. Henry Cloud is a clinical psychologist and co-director of Minirth Meier New Life Clinics West in Newport Beach, CA. He leads seminars and co-hosts a daily radio broadcast. He is the best-selling author of the book *Changes That Heal*, on which this tape is based, and the best-selling co-author with John Townsend of *Boundaries*, *12 "Christian" Beliefs That Can Drive You Crazy*, and *Safe People*.

About the Author Dr. Henry Cloud is a popular speaker, licensed psychologist, cohost of the nationally broadcast *New Life Live!* radio program, and cofounder of Cloud/Townsend Resources. He maintains a private practice in Newport Beach, CA.

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