

## Changes That Heal Henry Cloud

Do you feel that if you could get rid of some of the chaos in your work life you could take your performance to a greater level? Do you stay late at the office many nights, trying to empty an inbox that never seems to diminish? Do you have difficulty dealing with cantankerous bosses or passive-aggressive coworkers? Do you find yourself checking your BlackBerry—almost against your will—during dates, family dinners, or your children’s soccer games? Do you feel fragmented, frustrated, or pulled in too many directions at once? If you’ve answered yes to any of the above, chances are that your work life has taken over your personal life. In *The One-Life Solution*, clinical psychologist and bestselling author Dr. Henry Cloud provides invaluable strategies for moving toward a more unified, coherent sense of self and a life that fully encompasses work, family, and spirituality. Dr. Cloud can help you: contain self-destructive behavior define yourself and know who you are set limits when needed communicate effectively improve your performance at the office and outside it This companion workbook to the bestselling book offers a hands-on approach to working through the four practical steps to a happier, healthier you.

The New York Times bestselling book *Boundaries* has helped millions understand that being a loving Christian does not mean never saying no. This newly updated and expanded companion workbook provides practical exercises for setting boundaries in marriage, parenting, business, and friendships in a digital age. Following the newly updated and expanded edition of *Boundaries* chapter-by-chapter, this interactive workbook helps you look at specific relationships in your own life. With those situations in mind, you can ask and answer: Why do I feel guilty about setting clear boundaries? What if the boundaries I set hurt the other person? Is it difficult for me to hear no from others? What are examples of legitimate boundaries at work and home? How can I have good boundaries online? How can I stay connected while still setting boundaries with my phone? In what ways do I need to set better boundaries with social media? *Boundaries Workbook* gives a biblical foundation and practical tools for helping others respect your boundaries--whether you are not responding to a text message immediately or saying no when someone asks you to volunteer for one more activity. Discover firsthand how good boundaries give you the freedom to live as the loving, generous, fulfilled person God created you to be.

*End Pain*. Foster Personal and Professional Growth. Live Better. While endings are a natural part of business and life, we often experience them with a sense of hesitation, sadness, resignation, or regret. But consultant, psychologist, and bestselling author Dr. Henry Cloud sees endings differently. He argues that our personal and professional lives can only improve to the degree that we can see endings as a necessary and strategic step to something better. If we cannot see endings in a positive light and execute them well, he asserts, the “better” will never come either in business growth or our personal lives. In this insightful and deeply empathetic book, Dr. Cloud demonstrates that, when executed well, “necessary endings” allow us to proactively correct the bad and the broken in our lives in order to make room for the professional and personal growth we seek. However, when endings are avoided or handled poorly—as is too often the case—good opportunities may be lost, and misery repeated. Drawing on years of experience as an executive coach and a psychologist, Dr. Cloud offers a mixture of advice and case studies to help readers know when to have realistic hope and when to execute a necessary ending in a business, or with an individual; identify which employees, projects, activities, and relationships are worth nurturing and which are not; overcome people’s resistance to change and create change that works; create urgency and an action plan for what’s important; stop wasting resources needed for the things that really matter. Knowing when and how to let go when something, or someone, isn’t working—a personal relationship, a job, or a business venture—is essential for happiness and success. *Necessary Endings* gives readers the tools they need to say good-bye and move on.

Gaining the Skills for Honest and Meaningful Communication

How to Find Relationships That Are Good for You and Avoid Those That Aren't

Safe People

Changes That Heal

The startling effect other people have on you, from the boardroom to the bedroom and beyond-and what to do about it

God Will Make a Way Workbook

What to do when you don't know what to do.

"Beginning with self-examination and setting realistic expectations, the authors explore how couples can nurture and master healthy communication, build trust, and enhance the romance in their marriage"--Provided by publisher.

In *Our Mothers, Ourselves*, Henry Cloud and John Townsend show how understanding how our mothers have profoundly influenced our lives can set us on a path toward wholeness and growth. No one has influenced the person you are today like your mother. The way she handled your needs as a child has shaped your worldview, your relationships, your marriage, your career, your self-image - your life. *Our Mothers, Ourselves* can help you identify areas that need reshaping, to make positive choices for personal change, and to establish a mature relationship with Mom today. The Phantom Mom The China Doll Mom The Controlling Mom The Trophy Mom The Still-the-Boss Mom The American Express Mom You'll learn how your mom affected you as a child and may still be affecting you today. *Our Mothers, Ourselves* is a biblical, realistic, and empowering route to wholeness and growth, to deeper and more satisfying bonds with your family, friends, and spouse - and to a new, healthier way of relating to your mother. This book was previously titled *The Mom Factor*.

Have you struggled with the promises of healing in the Holy Bible, not understanding why you could not make them yours? Have you, like me, tried reading, listening, confessing, and everything else you can think of, only to fall back into sickness again? Would you like to learn the truth about Biblical healing, once and for all, in a way that is understandable and easy to apply to your own life? Walk with me through my healing journeys and learn what God taught me about healing as I struggled to understand, and came out healed from every effect of a hemorrhagic stroke that nearly killed me. \* Learn the steps to healing, and why they MUST be done in order \* Learn why you confess over and over that you are healed and you still see the manifestation

Boundaries

How to Have That Difficult Conversation

Making Dating Work

A Psychologist Learns from His Patients What Really Works and What Doesn't

The Law of Happiness

Our Mothers, Ourselves

The authors delineate the boundaries of modern dating, arguing that couples must learn self control and discipline.

An expert on the psychology of leadership and the bestselling author of *Integrity*, *Necessary Endings*, and *Boundaries For Leaders* identifies the critical ingredient for personal and professional wellbeing. Most leadership coaching focuses on helping leaders build their skills and knowledge and close performance gaps. These are necessary, but not sufficient. Using evidence from neuroscience and his work with leaders, Dr. Henry Cloud shows that the best performers draw on another vital resource: personal and professional relationships that fuel growth and help them surpass current limits. Popular wisdom suggests that we should not allow others to have power over us, but the reality is that they do, for better or for worse. Consider the boss who diminishes you through cutting remarks versus one who challenges you to get better. Or the colleague who always seeks the limelight versus the one who gives you the confidence to finish a difficult project. Or the spouse who is honest and supportive versus the one who resents your success. No matter how talented, intelligent, or experienced, the greatest leaders share one commonality: the power of the others in their lives. Combining engaging case studies, persuasive findings from cutting-edge brain research, and examples from his consulting practice, Dr. Cloud argues that whether you're a Navy SEAL or a corporate executive, outstanding performance depends on having the right kind of connections to fuel personal growth and minimize toxic associations and their effects. Presenting a dynamic model of the impact these different kinds of connections produce, Dr. Cloud shows readers how to get more from themselves by drawing the strength and expertise of others. You don't have a choice whether or not others have power in your life, but you can choose what kinds of relationships you want.

All growth is spiritual growth. Authors Drs. Cloud and Townsend unlock age-old keys to growth from Scripture to help people resolve issues of relationships, maturity, emotional problems, and overall spiritual growth. They shatter popular misconceptions about how God operates and show that growth is not about self-actualization, but about God's sanctification. In this theological foundation to their best-selling book *Boundaries*, they discuss:• What the essential processes are that make people grow• How those processes fit into a biblical understanding of spiritual growth and theology• How spiritual growth and real-life issues are one and the same• What the responsibilities are of pastors, counselors, and others who assist people in growing—and what your own responsibilities are in your personal growth

De-mystify dating once and for all! Dr. Henry Cloud addresses common dating issues and presents a "how to" guide for getting to know yourself and your date, so you can find (and keep) the love of your life. Let's face it--dating isn't always fun. But starting today, you can begin a journey that will bring fun and interesting people into your life, broaden your experience of others and yourself, and lead you toward that date of all dates--a date worth keeping. This book is for YOU if . . . You want to get more dates or better dates. You wonder where "the good ones" are. You keep repeating the same old cycle in your dating life and want to change it. You wonder why people who are nice as you get all the dates. You're attracted to the wrong kind, while the right kind lack the "chemistry." You're waiting for God to bring you the right person--and you've been waiting an awfully long time. You wonder what it is about you that fails to attract dates. With over ten years of experience personally coaching singles on dating, Henry Cloud shares his proven, very doable, step-by-step approach to overcoming your sticking points and getting all the dates you could want. The results speak for themselves. Filled with true-life examples you'll identify with instantly, *How to Get a Date Worth Keeping* will prove its worth to you many times over in the exciting months ahead.

What the Bible Reveals About Personal Growth

Reclaim Your Personal Life While Achieving Greater Professional Success

Boundaries in Dating

How Understanding Your Mother's Influence Can Set You on a Path to a Better Life

When To Say Yes, How to Say No

The Employees, Businesses, and Relationships That All of Us Have to Give Up in Order to Move Forward

Three ingredients of growth. Grace and truth ; Time -- Bonding to others. What is bonding? ; When we fail to bond ; Learning to bond -- Separating from others. What are boundaries? ; How we develop boundaries ; Crossing over boundaries ; When we fail to develop boundaries ; Learning to set boundaries -- Sorting out good and bad. What is the problem? ; When we fail to accept good and bad ; Learning to accept both good and bad -- Becoming an adult. What is adulthood? ; When we fail to grow up ; Learning to become mature adults.

*Integrity*—more than simple honesty, it’s the key to success. A person with integrity has the ability to pull everything together, to make it all happen no matter how challenging the circumstances. Drawing on experiences from his work, Dr. Henry Cloud, a clinical psychologist, leadership coach, corporate consultant and nationally syndicated radio host, shows how our character can keep us from achieving all we want to (or could) be. In *Integrity*, Dr. Cloud explores the six qualities of character that define integrity, and how people with integrity: Are able to connect with others and build trust Are oriented toward reality Finish well Embrace the negative Are oriented toward increase Have an understanding of the transcendent Integrity is not something that you either have or don't, but instead is an exciting growth path that all of us can engage in and enjoy.

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 - 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.

We learn in childhood to hide from pain, and often continue hiding our hurt from God and others in adulthood. Here Townsend presents a scriptural approach to help us identify these unhealthy withdrawal patterns and find healing, freedom and security in connected, grace-filled relationships. Includes discussion guide.

Integrity

Navigating a Sea of Emotions

9 Things You Simply Must Do to Succeed in Love and Life

The Visible Faith

How Ancient Wisdom and Modern Science Can Change Your Life

Hidden Mountain, Secret Garden

New York Times bestselling author Dr. Henry Cloud offers four practical steps to make your life more fulfilling in the classic guide to healthy relationships, *Changes That Heal*.

This book is about those ordinary people around the world who every day make their faith visible by going out, digging in and bringing up the difficult, messy and broken life to God. This book highlights the story of some ordinary men who reached out, reached up and reached in to the unlimited potential that God had for them. In the process their faith become visible. This books helps us to see faith that is visible to experience God in our broken world.

Dr. Henry Cloud, bestselling author of the *Boundaries* series, offers a life-changing book that provides ten strategies for overcoming self-defeating life patterns that will help you redirect your mistakes and make way for success!physically, personally, and spiritually. Everyone makes mistakes, big and small. Sometimes our mistakes take us down the wrong path and send us spiraling into destructive life patterns, and sometimes we learn our lesson and never make the same mistake again. But how? How do we recognize destructive patterns, make new choices, and then follow through? In *Never Go Back*, bestselling author Dr. Henry Cloud shares ten doorways to success!and once we walk through these new pathways, we never go back again. His proven method!based on grace, not guilt!outlines ten common life patterns that sabotage success and lays out clear, concrete steps you can take to overcome them. You'll see your relationships flourish, your personal life enhanced, and your faith strengthened. Dr. Cloud's powerful message reveals doorways to understanding!once you enter them, you will get from where you were to where you want to be. With a winning combination of eternal principles, spiritual wisdom, and modern scientific data, *Never Go Back* will put your heart in the right place with yourself and with God.

Full of practical tips and how-tos, this book will help you make your relationships better, deepen your intimacy with people you care for, and cultivate more love, understanding, and respect between you and others. Successful people confront well. They know that setting healthy boundaries improves relationships and can solve important problems. They have discovered that uncomfortable situations can be avoided or resolved through direct conversation. But most of us don't know how to have difficult conversations, and we see confrontation as scary or adversarial. Authors Henry Cloud and John Townsend take the principles from their award-winning and bestselling book, *Boundaries*, and apply them to a variety of the most common difficult situations and relationships in order to: Show how healthy confrontation can improve relationships Present the essentials of a good boundary-setting conversation Provide tips on preparing for the conversation Show how to tell people what you want, stop bad behavior, and deal with counterattack Give actual examples of conversations to have with your spouse, your date, your kids, your coworker, your parents, and more! This book is a practical handbook on positive confrontation that will help you finally have that difficult conversation you've been avoiding.

Includes a discussion guide.

What to Do When You Don't Know What to Do

Changing the 8 Dumb Attitudes & Behaviors That Will Sink Your Marriage

When to Say Yes, How to Say No, to Take Control of Your Life

Changes That Heal Workbook

The One-Life Solution

False Assumptions

Reveals why all growth is spiritual growth and how readers can grow in ways they never thought possible.

The best-selling book *God Will Make a Way* by Drs. Cloud and Townsend clearly illustrates the often-surprising ways God shows up and addresses our problems in ways we never dreamed possible. This new companion workbook goes even deeper to help readers thrive relationally, emotionally, and spiritually--especially in difficult times.

God’s Masterpiece is a Children’s book which illustrates the first chapter of Genesis, the creation of the world, in a fun little way! The book is simple to read and full of pictures to which one can follow along. A small and great book for the little one who is just learning to read, helping them learn a little more about their faith along the way.

One week is all we were supposed to share. One week as strangers. All the things you did differently irked me. I thought it meant we couldn't get along, that there was no chance we'd work out. But when it came time for me to leave, you know what I figured out? You were my echo. My call back. And damn it if I didn't find home in the end.

An Incredible Factor That Releases the Power to Change the World

The Four Shifts That Make Everything Better... and That Anyone Can Do

Never Go Back

How to Get a Date Worth Keeping

A Theological Contemplation on Prayer

The Courage to Meet the Demands of Reality

In this best-selling, award-winning book, now in paperback, Drs. Cloud and Townsend introduce eight persuasive principles that demonstrate how God enters both the heart-breaking situation and the life looking for more. These principles are applied to readers' lives so that their relationships will be better, they'll have more control over their lives, and their spiritual hunger will

be satisfied.

Creative Stress reveals with precision how we can and must transmute negative stress so that we can evolve individually and collectively. It offers the reader a steady climb to the higher reaches of human creativity and fulfillment, and is packed with compelling stories from O'Dea's exceptionally rich experience.

Since the beginning of time, people have searched for happiness and have amassed many and varied opinions on how it is found. Only recently has empirical science devoted extensive research to questions such as: Is happiness within our control? What role does God play in making people happy? How do I close the gap between where I want? Drawing from the latest scientific and psychological research on the quest for happiness, The Law of Happiness reveals that the spiritual truths of the Bible hold the secrets to the happiness we desire. As Dr Henry Cloud unpacks these universal, eternal principles, he reveals that true happiness is not about circumstances, physical health, financial success, or even about the people in our lives. In other words, it's not about the factors that are frequently beyond our control. Rather, happiness is found in choosing to become the kind of people God created us to be. With chapter titles like 'Happy People Connect', 'Happy People Are Envy-Free' and 'Happy People Forgive', Dr Cloud shows just how happiness is achieved as he sets readers on a pathway of spiritual transformation that connects them with the God of the universe. With these new tools, readers will discover that their relationships, their careers and their inner selves are infused with the joy they've been seeking.

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.

A Path for Evolving Souls Living Through Personal and Planetary Upheaval

The Power of the Other

How People Grow

What to Do When Don't Know What to Do

Creative Stress

When to Say Yes, How to Say No to Take Control of Your Life

**A down-to-earth plan to help us recover from the wounds of the past and grow more and more into the image of God. Many of us struggle with anxiety, loneliness, and feelings of inadequacy. We know that God created us in his image, but how can we be loving when we feel burned out? How can we be free when we struggle with addiction? Will we ever enjoy the complete healing God promises? Combining his professional expertise and personal experience, renowned psychologist Dr. Henry Cloud guides us through four basic ways to become joy-filled, mature followers of Christ: Connect more deeply with others Separate from others in healthy ways Understand the good and the bad in ourselves and others Grow into greater emotional and spiritual maturity With fascinating case studies and helpful techniques we can start using immediately, Changes That Heal reminds us that God promises to complete his good work in us. Workbook and Spanish edition also available.**

**When the world says, "Let your emotions lead you," we as Christ-followers must find a different course, navigating through the minor whirlpools, unpredictable winds, and sometimes ferocious hurricanes. Christ's words and actions guide our ships into deeper waters and beyond to the other shore. This book explores scriptural anchoring points, personality influence, and past experiences to give us a new vision of the weighted tension between letting loose with our feelings or cinching up and ignoring them altogether. As human beings, we are created with emotional dimension, and within Christ, we are called to surrender these feelings, using them in a healthy and biblical way.**

**The Amazing Munro Method is a practical guide to a fascinating new emotional & spiritual healing technique. Written in large print with simple diagrams & explanations, the book explains how emotions are created and introduces a fresh new, natural solution for removing problem emotions and soothing a troubled soul. To journey with The Munro Method is to sink deeply into your inner senses and discover a fascinating emotional ecology that powers life. Adventurers use their own emotional challenges and hidden hates & hurt to transform fear, addiction, insecurity & anger etc. into a profound sense of inner peace. The Munro Method uses everyday language to explain why you have emotions, how your body makes them and how to access, edit and change what you feel. There's an assortment of easy to follow meditations that help you start healing straight away. The book also includes links to 10+ downloadable audio versions of the most popular meditations that guide you step by step through your feelings, and into a new way of living & loving life! Suitable for all levels of skill and ability.**

**- Do you have trouble saying no? - Can you set limits and still be a loving person? - Is your life out of control? - What are legitimate boundaries? - Do people take advantage of you? - How do you answer someone who wants your time, love, energy, and money? Healthy relationships and sound living depend on maintaining smart personal boundaries. But many people don't know where to start. Here's where -- with the Boundaries Zondervan Group Resource. Based on the best-selling book by Dr. Henry Cloud and John Townsend, these nine interactive sessions can make a life-changing difference. Drawing on principles from the Bible, Boundaries guides small groups on a journey of discovery and practical application. As a small group leader, you play an integral part in helping your group members learn how to live their lives more fully and display Christ's love more freely. This guidebook will greatly simplify your job. Information is organized clearly and logically to minimize your preparation time and maximize your effectiveness. Get ready for a doubly rewarding experience of helping others discover a better way of living, and of strengthening your own boundaries in the process.**

**Hiding from Love**

**Changes that Heal**

**Four Practical Steps to a Happier, Healthier You**

**10 Things You'll Never Do Again**

**The Four Shifts that Make Everything Better... and that Anyone Can Do**

**From the Companion Series**

*"Hidden Mountain Secret Garden: a theological contemplation on prayer" helps the reader discover the riches of mental prayer in the Catholic Tradition. In fact, the images of the "Hidden Mountain" and the "Secret Garden" are ancient metaphors for contemplative prayer, a kind of prayer that begins and ends in faith. This book is especially for those whose prayer is a search for the loving eyes of One who has conquered death. This kind of prayer beholds the wonder of Christ's living but hidden presence in one's highest thoughts and most noble aspirations as well as in one's instinctual urges and deepest longings. The ecstasy of this kind of prayer extends beyond even the vast unexplored horizons of the human heart and opens to an immensity of such excessive mercy that all else is forgotten -- and only love remains. The whole world needs this love: it is the secret garden, the hidden mountain, the inexhaustible riches only prayer knows and an excess of grace only prayer can make known. This is why Blessed John Paul II told the Church not to be afraid to open wide the doors of our hearts to Christ and it is why He told the young people of the world to be proud to proclaim the Gospel of the Lord. For those brave souls who have faithfully open their hearts to the Lord through this discipline of this kind of prayer, every Christian owes you a debt of gratitude. For those who want to join them, this work encourages you along the way -- for the journey you endeavor is at once the most perilous, the most heart-rending and the most wonderful adventure this world has ever known. "Dr. Anthony Lilles has authored an introduction to prayer that is inspiring and encouraging. For those desiring to pray this is a resource that is full of practical advice - written simply and attractively. This book bears the mark of a man - husband, father and teacher - who is not only imbued with the wisdom of the Saints, but who has also, through his own prayer, learned how all of us can, through prayer, foster faith in and love for Jesus and his Gospel." THOMAS G. WEINANDY, O.F.M., CAP. Executive Director for the Secretariat for Doctrine United States Conference of Catholic Bishops This is a wonderful book. I've taught spiritual theology many years and I wish I had had this text use. In fact, I wish I had written this book. It is scriptural, patristic, historical, theological, mystical, experiential and user friendly. Dr. Lilles takes us through the spiritual journey of prayer, citing Fathers and doctors, saints and even sinners to guide us on our Christian way toward contemplation. Weaving many themes into a harmonious whole, he opens up the life of contemplation for all Christians, our baptismal birthright in a way that is accessible and attractive. This is a book one will read more than once. FR. GILES DIMOCK, O.P., S.T.D University Parish of St. Thomas Aquinas At the University of Virginia In this book we find the real meat of the new evangelization. The church in America will not be renewed by "facts about Jesus" but only through one's choice to let Christ reach the heart and change it from within. It is an ancient message received by only few: Do not be afraid of letting go of what now defines you. Let Christ tell you who you are. Dr. Lilles is one of the ablest guides to lead us through to such a choice. Will I stay with knowledge about Jesus or will I enter the garden of prayer and finally come to know Him!! Do not be afraid to be loved, read this book. DEACON JAMES KEATING, PH.D, Institute for Priestly Formation, Omaha, NE*

*Offers advice on becoming more confident and successful through a combination of scientific research and the teachings of Scripture.*

*Too many of us have invested ourselves into relationships that left us deeply wounded. We've been abandoned or taken advantage of, and left with little to show for what we've given. We've lost our sense of security and personal value in the process. And what's worse, we tend to either repeat the same mistakes of judgment over and over . . . Or else lock the doors of our hearts entirely and throw away the key. Why do we choose the wrong people to get involved with? Is it possible to change? And if so, where does one begin? Drs. Henry Cloud and John Townsend offer solid guidance for making safe choices in relationships, from friendships to romance. They help identify the nurturing people we all need in our lives, as well as ones we need to learn to avoid. Safe People will help you to recognize 20 traits of relationally untrustworthy people. Discover what makes some people relationally safe, and how to avoid unhealthy entanglements. You'll learn about things within yourself that jeopardize your relational security. And you'll find out what to do and what not to do to develop a balanced, healthy approach to relationships.*

*Many years of counseling have enabled Dr. Henry Cloud to observe people trying to work out the most important issues of life: relationships, career, fulfillment, meaning, pain, hurt, loss, despair, and addictions. If we sincerely want to "get life right" and quit repeating the same mistakes over and over again, 9 Things You Simply Must Do provides the practical guidance we need to live life to its fullest . . . every moment.*

*Boundaries Workbook*

*Rescue Your Love Life*

*Echoes in the Storm*

*How to Change the Withdrawal Patterns That Isolate and Imprison You*

*God Will Make a Way*

*What the Bible Reveals about Personal Growth*

*Drawing on case studies, a clinical psychologist shows how to achieve emotional and spiritual growth, reach self-fulfillment, and enjoy satisfying relationships through an accessible four-step program of healing. Reprint.*

*Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. Boundaries impact all areas of our lives: Physical boundaries help us determine who may touch us and under what circumstances -- Mental boundaries give us the freedom to have our own thoughts and opinions -- Emotional boundaries help us to deal with our own emotions and disengage from the harmful, manipulative emotions of others -- Spiritual boundaries help us to distinguish God's will from our own and give us renewed awe for our Creator -- Often, Christians focus so much on being loving and unselfish that they forget their own limits and limitations. When confronted with their lack of boundaries, they ask: - Can I set limits and still be a loving person? - What are legitimate boundaries? - What if someone is upset or hurt by my boundaries? - How do I answer someone who wants my time, love, energy, or money? - Aren't boundaries selfish? - Why do I feel guilty or afraid when I consider setting boundaries? Dr. Henry Cloud and Dr. John Townsend offer biblically-based answers to these and other tough questions, showing us how to set healthy boundaries with our parents, spouses, children, friends, co-workers, and even ourselves.*

*Necessary Endings*

*It's Not My Fault*

*God's Masterpiece*

*The Amazing Munro Method - Heal Your Emotional Self!*

*The Healing Companion*