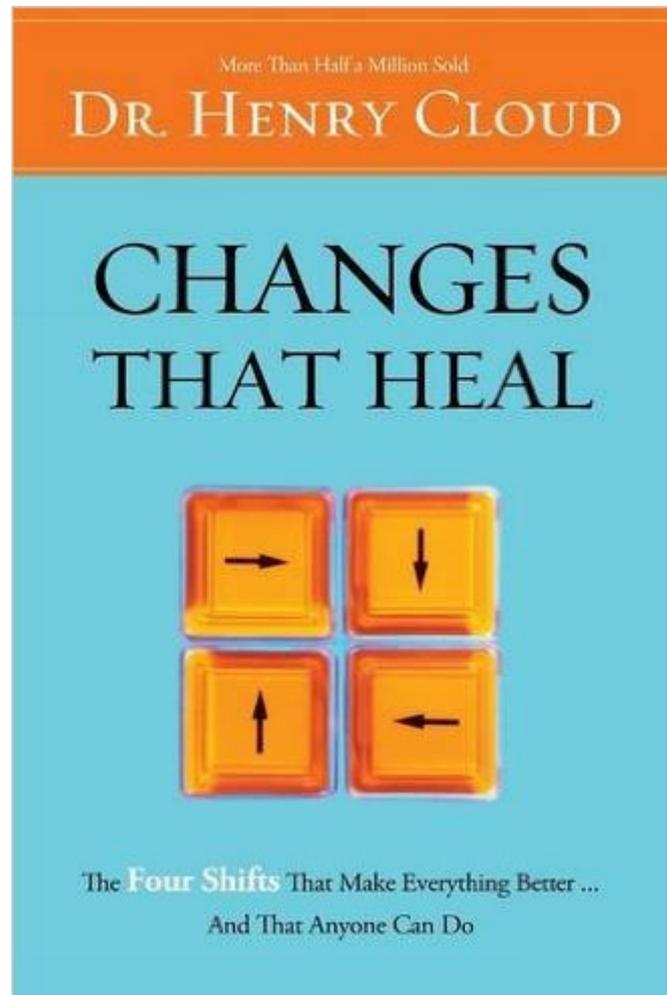


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# Changes That Heal



## 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 - 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

A-plus! This is a GREAT book that helped me understand how my past affected every area of my life (work, relationships, and my underlying attitudes). Although I had experienced great success in the business world, my personal relationships were suffering terribly and I was miserable on the inside. This book helped me understand why and how to change. It clearly explained the important things I needed but didn't get out of each developmental stage while growing up from an infant to an adult. While reading the book, it became clear how I developed coping mechanisms to get through life--trying to get my needs met--with mixed results. On the outside, I was a picture of success, but on the inside I was tired, empty, unhappy and frustrated. With this understanding, and a continued commitment to find new ways to think, act and live, I am now learning to live a life that promises to be happier and healthier. Thanks Dr. Cloud for your part in bringing about these changes in me!! I highly recommend other books written by Henry Cloud's (Safe People, Boundaries) as they are also well written and very good resources for healing the innermost areas of the heart and minds to help enjoy the journey to wholeness and joy! 'Changes That Heal' is a book that is informative and life

changing. Change and Healing IS possible! Definitely worth reading! A-plus!

What does it mean to be made in the image of God? People sometimes say that it means we have free will, or we have emotions and intellect, or we have a spirit. In *Changes that Heal*, Cloud describes part of his own theory of what it means to bear the image of God on this planet. He describes four major areas that are involved in bearing God's image: 1. Bonding to others 2. Separating from others 3. Sorting out good and bad in ourselves and others 4. Becoming an adult. For each of these four areas, he points out the picture we have in scripture of God's nature as He operates in the specific area, then describes how this aspect of man was broken in the fall, and suggests ways to move toward healing. The book is especially helpful when it describes case studies from Dr. Cloud's practice and shows which symptoms, or life problems, may result from failure to grow up in each of the areas. There are a few weaknesses in the book. He doesn't include enough practical how-to for someone seeking healing, possibly because this requires help from healthy relationships and/or professionals. Also, the writing style tends to ramble and get a little tedious. You have to be pretty dedicated to getting the information in order to plod through to the end. Although the subject matter is not exactly duplicated, for a book along the same lines I much prefer John Townsend's *Hiding from Love*.

The four main points of this book can help any person understand more who they are and how they relate to others. Bonding, how to say "no", learning that people are neither all good nor all bad are points that Dr. Henry Cloud explains in a biblical and tangible way. The book is well-written, broken up in understandable sections and gives you something to think about at every turn. The author pulls from many people's life experiences and there are many examples of everyday people that you can relate to. You will find examples that help you understand the points he is trying to point out. This book is a must read. There is a work book which goes along with the book, but *Changes That Heal* stands alone or can be enhanced by the workbook.

The difference between Dr. Cloud and some other Christians writers in this field is that he is so positive. He doesn't condemn people for suffering and struggling. He just prods us on to godliness and to dealing with the root issues of our symptoms. He will help you see what has caused your issues, what your issues truly are, and how those issues relate to the "symptoms" that you experience (depression, anxiety, etc). He gives constructive steps toward becoming a more whole and healthy person. I plan to listen to these tapes again and again.

I have read many books by Cloud & Townsend prior to this book-- How to Get a Date Worth Keeping, Boundaries, Boundaries in Dating, Safe People, and Nine Things You Simply Must Do: To Succeed in Love and Life. I read Changes that Heal in little bites-- usually no more than 30 minutes worth before bed each night. It touched on things I had never thought before, supported ideas explored in previous books, and brought a lot to the light. I learned a *WHOLE* lot about myself as I read this and processed it. And the beauty of it all, is that it was very direct, to the point, and calls you out on your issues without a hint of condemnation. I was challenged in areas no one had ever asked me to be accountable in and I was freed from condemnation (my own and others) in other areas. My "symptoms" make sense now because I am beginning to get to the roots of the issues. The wisdom and insight of these two men along with their genuine commitment to see people reconciled in all areas has been a great blessing to me.

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