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## Changes That Heal: How to Understand the Past to Ensure a Healthier Future (Paperback)

By Dr. Henry Cloud

ZONDERVAN, United States, 2001. Paperback. Book Condition: New. New edition. 168 x 102 mm. Language: English . Brand New Book. 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.



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