



# Changes That Heal Workbook: The Four Shifts That Make Everything Better...And That Anyone Can Do

*Henry Cloud*

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## **Changes That Heal Workbook: The Four Shifts That Make Everything Better...And That Anyone Can Do** Henry Cloud

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!

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