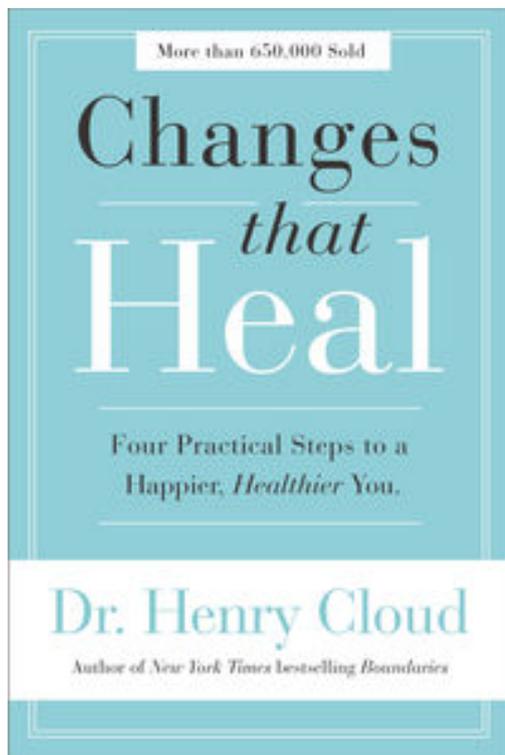


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Changes That Heal by renowned psychologist Dr. Henry Cloud offers a down-to-earth plan to help us recover from the wounds of the past and grow more and more into the image of God. Combining his professional expertise and personal experience, Dr. Cloud 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.

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