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Changes That Heal is a helpful resource in identifying patterns of hurt and pain in your life. Cloud begins his book with a captivating introduction on the combination of grace and truth and then transitions into a focus on four areas that often prevent growth and healing.

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Necessary Endings

Changes That Heal: Four Practical Steps to a Happier ...
Changes That Heal – 1 © 20163 The Orlando Institute Our model for growth is Jesus. As He learned obedience from what He suffered (Hebrews 5:8), we must also go through a process (desert) that takes time. The world and the devil want quick fixes, but quick growth often has no root and is superficial (Mark 4:5,6,16,17).

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Changes That Heal: Workbook by Henry Cloud

Changes That Heal, addresses the developmental steps that affect every area of life. It is essential to understand the ingredients of growth and the four areas mentioned: bonding, separating, accepting good and bad, and adulthood. God designed people to grow in a specific way, but a number of circumstances can interfere in that process.

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