Integrity - The Courage to Meet the Demands of Reality

Integrity—more than simple honesty, it's the key to success. A person with integrity has the ability to pull everything together, to make it all happen no matter how challenging the circumstances. Drawing on experiences from his work, Dr. Henry Cloud, a clinical psychologist, leadership coach, corporate consultant and nationally syndicated radio host, shows how our character can keep us from achieving all we want to (or could) be. In Integrity, Dr. Cloud explores the six qualities of character that define integrity, and how people with integrity: Are able to connect with others and build trust Are oriented toward reality Finish well Embrace the negative Are oriented toward increase Have an understanding of the transcendent Integrity is not something that you either have or don't, but instead is an exciting growth path that all of us can engage in and enjoy.
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**How People Grow - What the Bible Reveals About Personal Growth**

All growth is spiritual growth. Authors Drs. Cloud and Townsend unlock age-old keys to growth from Scripture to help people resolve issues of relationships, maturity, emotional problems, and overall spiritual growth. They shatter popular misconceptions about how God operates and show that growth is not about self-actualization, but about God's sanctification. In this theological foundation to their best-selling book Boundaries, they discuss:

- What the essential processes are that make people grow
- How those processes fit into a biblical understanding of spiritual growth and theology
- How spiritual growth and real-life issues are one and the same
- What the responsibilities are of pastors, counselors, and others who assist people in growing—and what your own responsibilities are in your personal growth

**Necessary Endings - The Employees, Businesses, and Relationships That All of Us Have to Give Up in Order to Move Forward**

End Pain. Foster Personal and Professional Growth. Live Better. While endings are a natural part of business and life, we often experience them with a sense of hesitation, sadness, resignation, or regret. But consultant, psychologist, and bestselling author Dr. Henry Cloud sees endings differently. He argues that our personal and professional lives can only improve to the degree that we can see endings as a necessary and strategic step to something better. If we cannot see endings in a positive light and execute them well, he asserts, the "better" will never come either in business growth or our personal lives. In this insightful and deeply empathetic book, Dr. Cloud demonstrates that, when executed well, "necessary endings" allow us to proactively correct the bad and the broken in our lives in order to make room for the professional and personal growth we seek. However, when endings are avoided or handled poorly—as is too often the case—good opportunities may be lost, and misery repeated. Drawing on years of experience as an executive coach and a psychologist, Dr. Cloud offers a mixture of advice and case studies to help readers know when to have realistic hope and when to execute a necessary ending in a business, or with an individual; identify which employees, projects, activities, and relationships are worth nurturing and which are not; overcome people's resistance to change and create change that works; create urgency and an action plan for what's important; stop wasting resources needed for the things that really matter. Knowing when and how to let go when something, or someone, isn't working—a personal relationship, a job, or a business venture—is essential for happiness and success. Necessary Endings gives readers the tools they need to say good-bye and move on.

**9 Things a Leader Must Do - How to Go to the Next Level--And Take Others With You**
Why do some leaders get and accomplish what they want as a matter of routine, while others seem to regularly experience frustration and setbacks? Why do some leaders achieve their goals and reach new heights, while others barely “hang in there” and survive? Based on his groundbreaking psychological study of the ways that successful individuals think and behave, Dr. Henry Cloud presents a simple yet profound roadmap to help leaders—and those who want to become leaders—arrive at greater levels of personal growth and corporate influence than they previously thought were possible. The good news for all of us is that leadership success is not limited to vague notions of “charisma” nor traditional advantages like graduate degrees and connections, but much more to a pattern of thinking and moving forward that learns from mistakes and stays focused on goals.

**The Power of the Other - The startling effect other people have on you, from the boardroom to the bedroom and beyond—and what to do about it**

An expert on the psychology of leadership and the bestselling author of Integrity, Necessary Endings, and Boundaries For Leaders identifies the critical ingredient for personal and professional wellbeing. Most leadership coaching focuses on helping leaders build their skills and knowledge and close performance gaps. These are necessary, but not sufficient. Using evidence from neuroscience and his work with leaders, Dr. Henry Cloud shows that the best performers draw on another vital resource: personal and professional relationships that fuel growth and help them surpass current limits. Popular wisdom suggests that we should not allow others to have power over us, but the reality is that they do, for better or for worse. Consider the boss who diminishes you through cutting remarks versus one who challenges you to get better. Or the colleague who always seeks the limelight versus the one who gives you the confidence to finish a difficult project. Or the spouse who is honest and supportive versus the one who resents your success. No matter how talented, intelligent, or experienced, the greatest leaders share one commonality: the power of the others in their lives. Combining engaging case studies, persuasive findings from cutting-edge brain research, and examples from his consulting practice, Dr. Cloud argues that whether you’re a Navy SEAL or a corporate executive, outstanding performance depends on having the right kind of connections to fuel personal growth and minimize toxic associations and their effects. Presenting a dynamic model of the impact these different kinds of connections produce, Dr. Cloud shows readers how to get more from themselves by drawing on the strength and expertise of others. You don’t have a choice whether or not others have power in your life, but you can choose what kinds of relationships you want.

**Rescue Your Love Life - Changing the 8 Dumb Attitudes & Behaviors That Will Sink Your Marriage**

"Beginning with self-examination and setting realistic expectations, the authors explore how couples can nurture and master healthy communication, build trust, and enhance the romance in their marriage"—Provided by publisher.

**The One-Life Solution - Reclaim Your Personal Life While Achieving**
**Greater Professional Success**

Do you feel that if you could get rid of some of the chaos in your work life you could take your performance to a greater level? Do you stay late at the office many nights, trying to empty an inbox that never seems to diminish? Do you have difficulty dealing with cantankerous bosses or passive-aggressive coworkers? Do you find yourself checking your BlackBerry—almost against your will—during dates, family dinners, or your children's soccer games? Do you feel fragmented, frustrated, or pulled in too many directions at once? If you've answered yes to any of the above, chances are that your work life has taken over your personal life. In The One-Life Solution, clinical psychologist and bestselling author Dr. Henry Cloud provides invaluable strategies for moving toward a more unified, coherent sense of self and a life that fully encompasses work, family, and spirituality. Dr. Cloud can help you: contain self-destructive behavior define yourself and know who you are set limits when needed communicate effectively improve your performance at the office and outside it

**Changes That Heal**

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.