



9 Things You Simply Must Do to Succeed in Love and Life: A Psychologist Learns from His Patients What Really Works and What Doesn't

By Henry Cloud

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Many years of counseling have enabled Dr. Henry Cloud to observe people trying to work out the most important issues of life: relationships, career, fulfillment, meaning, pain, hurt, loss, despair, and addictions. If we sincerely want to "get life right" and quit repeating the same mistakes over and over again, *9 Things You Simply Must Do* provides the practical guidance we need to live life to its fullest . . . every moment.

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Editorial Review

From the Inside Flap

You can win in the game of life!

Have you ever wondered about the difference between those who win at love and live, and those who fail? By carefully observing people who gave him a certain "deja vu" feeling when he first met them, Dr. Henry Cloud made a remarkable discovery. No, he hadn't actually met these people before, but he had encountered their particular ways of handling life. And the common denominator with these individuals who practiced these "ways" was they were all successful!

They all... - Had healthy relationships - Reached their goals - Did not repeat the same mistakes - Were in control of their lives - Felt a sense of purpose

Dr. Cloud then decided to do something that was not the focus of his clinical training: investigate why successful people's lives were working, rather than trying to uncover what was broken in a person and trying to fix it. He learned that personal growth is not only about getting healthy, but also about the principles successful people invariably practice.

If you follow these nine principles, you can achieve great results in your work, your relationships, and other areas of your life. Best of all, these principles are not limited to the chosen few who are born with money, brains, or great talent. They're available to anyone who wants to transform average relationships and uncertain hopes into vibrant and achievable dreams.

About the Author

Dr. Henry Cloud is a popular speaker, and co-host, with Dr. John Townsend, of the nationally broadcast New Life Live! Radio program, and cofounder of Cloud-Townsend Clinic and Cloud-Townsend Resources. His bestselling books include the Gold Medallion Award-winning *Boundaries* books and *Making Small Groups Work*. Dr. Cloud and his wife and two daughters live in Southern California.

Users Review

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Helen Turner:

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