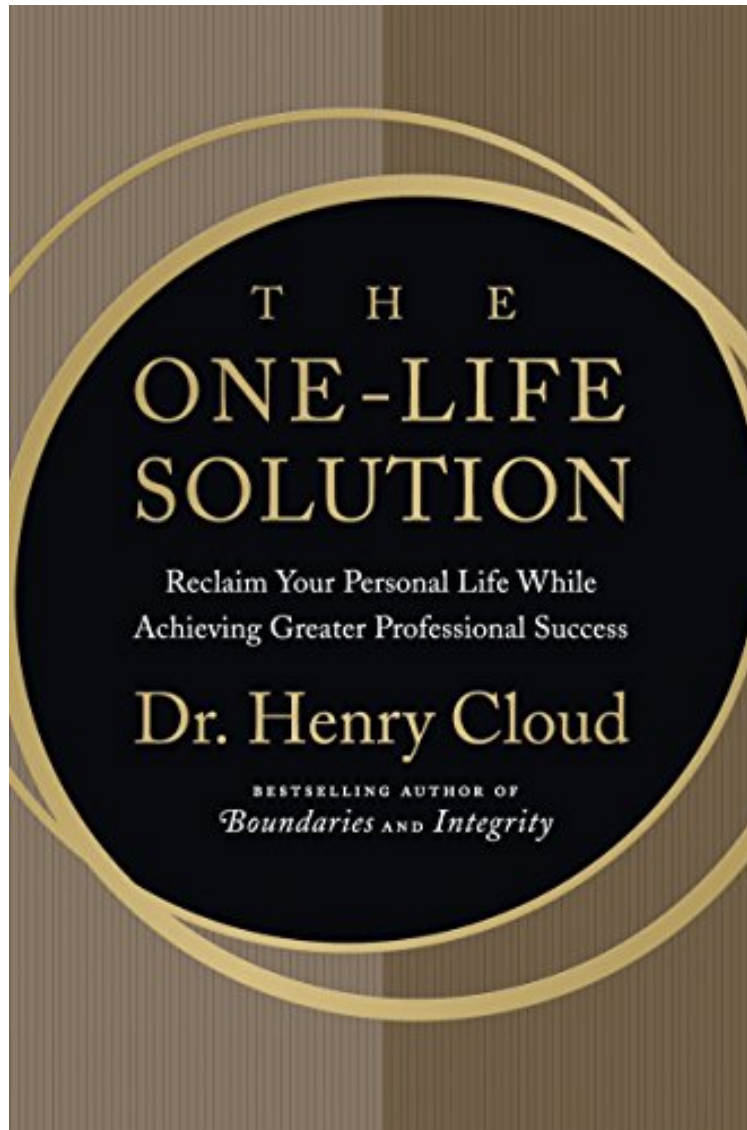


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The One-Life Solution: Reclaim Your Personal Life While Achieving Greater Professional Success

Henry Cloud

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Henry Cloud : The One-Life Solution: Reclaim Your Personal Life While Achieving Greater Professional Success before purchasing it in order to gauge whether or not it would be worth my time, and all praised The One-Life Solution: Reclaim Your Personal Life While Achieving Greater Professional Success:

1 of 1 people found the following review helpful. Informative! Really helped me pin point why I am where I am at and to move forward By Customer I love Dr. Cloud. I have read several of his books including Necessary Endings. His

ideas are life changing and so on target with learning to overcome obstacles. This is not your typical self help. He does not say try harder or follow these prescribed steps and you will have success. He touches on just enough psychology to be introspective. But not so much that you need years of therapy to work through your childhood issues! He gives just enough strategy to help you move forward without giving you orders on how or when to move. Overall, I have found it very enlightening to have read this book and learn how I can begin to align what I believe with who I am in action. I read this book recently when I found myself in a work/personal situation where I was bending to the pressure of strong personalities who were moving me away from my core values. I was saying one thing about my principles with my mouth and yet my actions were reflecting a woman with no back bone at all. I was picking up the slack and working tirelessly at jobs that were not mine to do. Then I found myself dumped on because it was now expected of me to carry the workload alone. When I finally spoke up I was humiliated by my boss, being told I wasn't a team player. Instantly I was labeled a trouble maker and responsibilities that had actually been mine were delegated away from me. As a project manager with no project I felt worthless. Through this book I found the resolve to resign not because I couldn't take the heat. Ultimately, I have learned that I am a very gifted worker who should not be squandering my talent at a company that tries to motivate with harassment. I left high school twenty years ago I don't need a boss who wants to be the "mean girl". Employees were in and out on her whim not on the quality of their work or ethic. Popular than ostracized was a game played to pin employees against each other. Each of us vying for that proverbial "good job" pat on the back. Thank you Dr. Cloud for teaching me skills for succeeding!!! 1 of 1 people found the following review helpful. I love this so much that I have it on my ...By Trish I love this so much that I have it on my phone, ipad and hard copy. What a great manual for use in my business as well as in my personal life. Awesome author, detailed, explicit, organized and easy to follow with real life examples of how his concepts work. Great book. 0 of 0 people found the following review helpful. The One-Life Solution = Boundaries for Work By David G Reid Henry Cloud has another winner and a great application of the concepts of healthy boundaries, but this time as it applies to the work place. It is a good extension of his other books, co-written with John Townsend of course, on this topic. Work can often be a place where it is hard to maintain good boundaries while being under authority and exercising authority with others. It can be hard to know when to accept responsibility for tasks or keeping clear lines around my job description while at the same time being a good team player. This book delivers on all these topics and many more, especially as boundaries relates to learning how to succeed and make use of challenges and failures in order to move ahead. Great book!

“Dr. Cloud will show you how to produce the results you are looking for in your work and personal life.” — Dr. Phil McGraw, #1 New York Times bestselling author
From Dr. Henry Cloud, the million-copy selling author of *Boundaries and Integrity*, comes *The One-Life Solution*, an essential handbook that demonstrates how establishing a successful, happy, and rewarding business career can be achieved by setting physical, mental, emotional, and spiritual boundaries. Anyone who finds the chaos of the workday spilling over into their personal and family time — everyone who has ever wanted to have more control over the work and home aspects of their life — will find valuable answers in *The One-Life Solution*.

From Publishers Weekly The balance of work and personal life can cause a myriad of problems—but they all boil down to a single issue, argues Cloud (*Boundaries*). Many career-inhibiting problems—from shoddy management skills to unclear focus to slow growth—can be attributed to a breakdown of boundaries necessary to maintain balance between work life and personal life, especially as technology makes it possible for individuals to be on-call every moment of the day. Cloud espouses the virtues of self-definition and self-control, and his series of engaging analogies and examples helps readers conduct an internal self-audit by identifying core values, visions, missions and goals. The author hones in on common weaknesses—overdeveloped needs for security, approval and perfectionism—and leads readers through a plan for regaining control of themselves, their work and their lives with easy-to-follow activities to implement changes as personal policies. Unfailingly encouraging, Cloud is a fine advocate for the benefit of gaining control and protecting boundaries and his book is a must-have life management bible. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.
From the Back Cover 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? If you've answered yes to any of the above, chances are you feel fragmented, pulled in too many directions at once, frustrated. Your work life has taken over your personal life. In *The One-Life Solution*, Dr. Henry Cloud, consultant, bestselling author of the *Boundaries* series and *Integrity*, and clinical psychologist, examines the workplace. He demonstrates how our failure to maintain a unified life with good boundaries at the office not only blurs the line between the professional and the personal, but leaves us less equipped to deal with the problems of today's workplace: stress, heavy workload, and a blistering pace. As a result, we are overworked, overstressed, and unhappier than ever. Through real-world examples from years of

working with leaders at companies large and small, Dr. Cloud shows us how to construct and enforce better boundaries against the technological devices, bullying bosses, and distracting coworkers who invade our time and space. From conducting an audit of your time, to developing a policy of who you are and what you stand for, to learning how to overcome a paralyzing inability to say no, Dr. Cloud provides invaluable strategies and scripts for moving toward a more unified, coherent sense of self and a life that fully encompasses work, family, and spirituality. In a clear, conversational voice, he will help you develop the ability to: contain self-destructive behavior and keep it from spreading. define yourself and know who you are. set limits when needed. communicate effectively. learn how to improve your performance at the office and outside it. By starting to do what's best for you, you'll find the key to living the one happy, fulfilling life that only you can live.

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.

SPANISH BIO: El Dr. Henry Cloud es un conferenciante de gran popularidad. Con el Dr. John Townsend es anfitrión del programa de radio New Life Live!, además de ambos ser fundadores de la Clínica Cloud-Townsend y de la organización Cloud-Townsend Resources. Es el autor de varios libros premiados con el reconocimiento Medalla de Oro, entre ellos 'Límites' y 'El poder transformador de los grupos pequeños'. El Dr. Cloud, su esposa y sus dos hijas radican en el Sur de California.