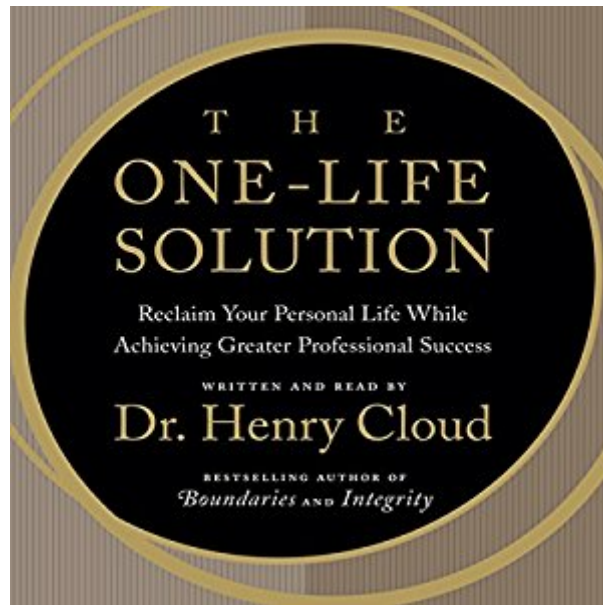


The book was found

# The One-Life Solution



## Synopsis

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, or check your BlackBerry when you don't? Do you have difficulty dealing with cantankerous bosses or passive-aggressive coworkers? If you've answered yes, your performance is suffering and your work life has taken over your personal life. In *The One-Life Solution*, bestselling author Dr. Henry Cloud examines the workplace. Through engaging real-world examples, 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. 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: improve your performance at the workplace and outside it set limits when needed communicate effectively 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. --This text refers to an out of print or unavailable edition of this title.

## Book Information

Audible Audio Edition

Listening Length: 5 hours and 33 minutes

Program Type: Audiobook

Version: Abridged

Publisher: HarperAudio

Audible.com Release Date: August 12, 2008

Language: English

ASIN: B001E6J2VC

Best Sellers Rank: #171 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury

Prevention #1189 in Books > Christian Books & Bibles > Christian Living > Business &

Professional Growth #1241 in Books > Audible Audiobooks > Business & Investing > Leadership & Management

## Customer Reviews

In an age when self-help, self-improvement books line shelves and racks of every bookstore, it's difficult to find a book that stands out. This one does. Author Henry Cloud offers a perspective that applies to many situations I have observed, many I have been a party to. How often have you watched interactions slide into disaster because someone, a boss, a spouse, a sibling, failed to

define limits and then stick to those limits? How often have people crossed your personal limits without knowing they were? Could the disaster have been eliminated before it destroyed a relationship? Can you actually improve your life by clearly setting limits in your relationships? Those are the sticky wickets Dr. Henry Cloud tackles in "The One-Life Solution." For me, the whole book was a thought-provoking review - of people and situations I have observed, of situations in my own life I could have prevented or handled more effectively. I thought of friends who won't set limits for their children - and what a disagreeable experience it is to be around those children. I thought of times I allowed people to go beyond my personal boundaries because I was trying too hard to please. I thought of the times when work was routinely a 24-hour-a-day ordeal, and how I could have managed the demands placed on me more effectively. I decided what I would do in the future to avoid or mitigate such situations. Author Cloud will show you how to set limits effectively and actually improve situations that may now be causing you significant discomfort. He focuses primarily on work relationships, but the problems and solutions he presents fit many human interactions.

From spirituality to professional advancement to martial arts, the development of balance is the lynchpin to achievement and success. As creatures of mind, body, and spirit, we thrive only when we remain attentive to the fundamental equilibrium within our being. As a career services professional, I often encounter those who gauge success or advancement solely by monetary concerns or by the illusions of power. While these may be effective motivators for a time, eventually, when individuals find themselves in situations (whether in their jobs, relationships or other areas of life) contrary to their nature, the imbalance inevitably leads to a downward spiral that can result in unhappiness, frustration, and extreme cases, even catastrophe. Dr. Henry Cloud, the author of the bestselling INTEGRITY, offers an erudite, yet simply and directly written book concerning the importance of maintaining boundaries as a means to maintaining that essential balance among competing demands in our life. He begins with the concept of boundaries in establishing individual differentiation, containing destruction, defining oneself, setting limits, owning and living our values, and developing self control to become and remain free and autonomous. Chapter Five, in which Dr. Cloud challenges us to conduct a self-audit so that we can realistically determine our strengths and weaknesses, is particularly valuable, and serves as an essential blueprint by which we develop our holistic understanding of ourselves. Building boundaries on the job takes general principles and applies them to the specifics of career and professional challenges. Dr.

[Download to continue reading...](#)

Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy

Cooking for One, One Pot, One Pan) How to Boil an Egg: Poach One, Scramble One, Fry One, Bake One, Steam One The One-Life Solution: The Boundaries Way to Integrating Work and Life Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) 1001 Solution-Focused Questions: Handbook for Solution-Focused Interviewing (A Norton Professional Book) The One-Life Solution Dr. Dean Mitchell's Allergy and Asthma Solution: The Ultimate Program for Reversing Your Symptoms One Drop at a Time Cracking the ACT Premium Edition with 8 Practice Tests and DVD, 2017: The All-in-One Solution for Your Highest Possible Score (College Test Preparation) The Magnesium Solution for High Blood Pressure (The Square One Health Guides) One Pot Low Carb: 50 Original One Pot Meals On A Budget-Save Money And Enjoy Budget Friendly One Dish Dinner The Big Book of Dump Meals Box Set (11 in 1): Low Carb One Dish, One Pot, Slow and Pressure Cooker, Freezer and Stir-Fry Dump Meals for Stress-Free Cooking (One Pot Dump Dinners) Fearless: One Woman, One Kayak, One Continent The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) HERPES CURE: The Most Effective, Permanent Solution To Finally Get Rid Of Herpes For Life (Health, Disorders & Diseases, Skin Ailments, Physical Impairments, Pain Management, Nervous System) The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) The 10% Solution for a Healthy Life: How to Eliminate Virtually All Risk of Heart Disease and Cancer Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Life Hacks: Any Procedure or Action That Solves a Problem, Simplifies a Task, Reduces Frustration, Etc. in One's Everyday Life Stephen Curry: Rise of the Star. The inspiring and interesting life story from a struggling young boy to become the legend. Life of Stephen Curry - one of the best basketball shooters in history. Automatic Control Systems / Robotics Problem Solver (Problem Solvers Solution Guides)

[Dmca](#)