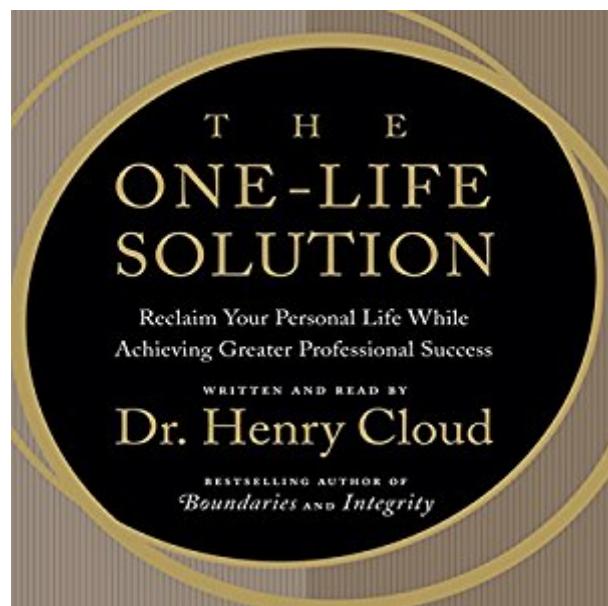


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# The One-Life Solution



## **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**

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## **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.

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