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Changes That Heal. The Bible states that we're created in the image of God. But why don't we see a "family resemblance"? The problem, says Dr. Cloud, is underdeveloped "tasks" of maturing: bonding, separating from others, sorting out good and bad, and becoming an adult. Discover what changes to make to promote emotional and relational healing.

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Often they have been struggling with those problems for years. Changes That Heal teaches that there are biblical solutions for your struggles with depression, anxiety, panic, addictions, and guilt, and that these solutions lie in your understanding certain basic developmental tasks.

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