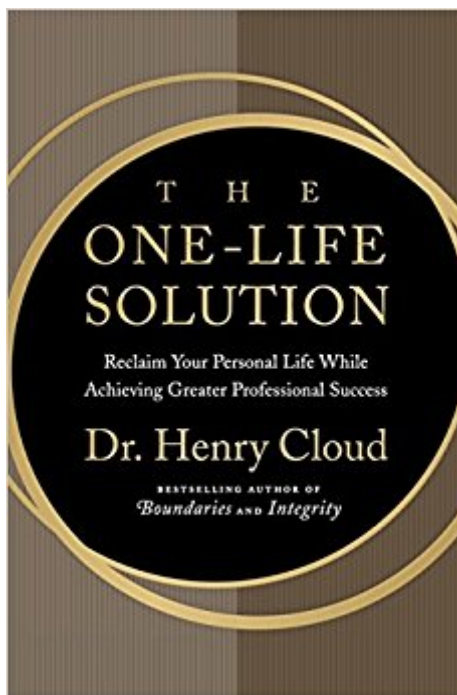




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# The One-Life Solution: The Boundaries Way To Integrating Work And Life



## Synopsis

Dr. Henry Cloud, author of the bestselling Boundaries series, is a clinical psychologist known for his remarkable ability to clarify life's most complex dilemmas. Now, in *The One-Life Solution*, he turns his attention to what for many Americans is one of the most difficult problems they face: in an era of ceaseless communication, when jobs don't stop when you leave the office, and ever-increasing complexity, how can readers integrate life and work so as to achieve happiness and success at both? With the straightforward tools Dr. Cloud provides, even the most harried professional torn between demanding bosses, coworkers, and clients and the pressures of family and personal life will be able to implement *The One-Life Solution* to find success and happiness.

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## Customer Reviews

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 authors 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.

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.

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 harrassment. 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 eachother. Each of us vying for that proverbial "good job" pat on the back. Thank you Dr. Cloud for teaching me skills for succeeding!!!

It is hard for me to ignore any book by Henry Cloud. Back in 2003, my pastor preached a sermon based on Cloud's earlier book, co-author with John Townsend, called: Boundaries. The sermon interested me enough that I bought the book and read it. Applying prescriptions from the book to my personal and professional life led me to perceive my call into pastoral ministry. It is hard to ignore any book by Henry Cloud. The One-Life Solution is a book focused on constructing and developing better boundaries at work (19). Cloud observes: The irony is that most people are so caught up in trying to control the things that they cannot control--other people, circumstances, or outcomes--that in the process they lose control of themselves (22). In this context, Cloud defines a boundary as a property which defines where you end and someone (or something) else begins (25). In a work environment, Cloud sees boundaries bringing order to six key areas: 1. Ownership, 2. Control, 3. Freedom, 4. Responsibility, accountability, and consequences, 5. Limits, and 6. Protection (25-30). Interestingly, these six areas do not lend structure to the discussions that follow. Rather, much of the book focuses on untidy areas in professional life where applying boundaries can establish structure and reduce anxiety. Cloud suggests that a good place to start is with an audit. The purpose of this audit is to measure where you spend your time, disconnects between time spent and

personal values, and what personal issues contribute to the problem (69). This method of analysis is reminiscent of what Miller and Rollnick (2002, 38) referred to as gap analysis--highlighting the discrepancy between present behavior and ...broader goals and values. An important point in assessing books with the character of movie sequels is: does the sequel add value to the initial book? Here the answer is yes--The One-Life Solution contributed real value to my understanding of boundaries. For the key was seeing examples of how to manage difficult office situation with tact and grace. A personal favorite was a story that Cloud told about an obnoxious CEO who would show up at his desk at 4 p.m. and lay into him--ruining his evening as well as his day. Cloud (152) simply made a rule not to talk to him after 4 p.m. If you have ever had a supervisor like that, then the wisdom of such a rule is obvious.

REFERENCES

Cloud, Henry and John Townsend. 1992. Boundaries: When to Say YES; When to Say NO; To Take Control of Your Life. Grand Rapids: Zondervan.

Miller, William R. and Stephen Rollnick. 2002. Motivational Interviews: Preparing People for Change. New York: Guilford Press.

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.

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!

There really is one solution to having one life. I was introduced to Boundaries and Changes that Heal 16 years ago at a very difficult time of loss and pain. Each book by Henry Cloud has benefitted me. Immensely. Being in a good place again means I have the time and energy to do the work of reframing to get the full value from experience. As a person with many generations of Christian Heritage, I was grateful to break down some of my internal rubs over the seeming divides between my "secular and sacred" life as well as my "professional and personal" life. Am really enjoying the

Leadership book as well.

I'm not all the way thru this one yet, but -- i can already see that it's going to help me in so many areas of my life. For whatever reason, i've never figured out boundaries -- and from what i can gather, this brings together a number of topics from Henry Cloud's many other books (that i've purchased & read on the topic);

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