

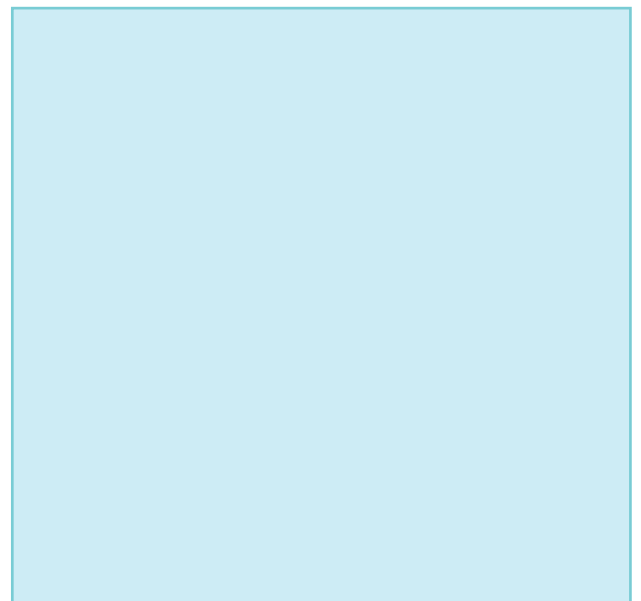
Learn the keys to a fulfilling life and healthy relationships from best-selling author Dr. Henry Cloud!

CHANGES THAT HEAL

*The Four Shifts That
Make Anything Better...
and That Anyone Can Do*

Christians are not immune to suffering from emotional problems. This class is for you if you have struggled with any of these issues:

- Anxiety
- Depression
- Panic
- Addictions
- Loneliness
- Resentment
- Guilt
- Feelings of Inadequacy
- Grief over Broken Relationships
- Difficulty Connecting



*Changes That Heal Sessions on DVD
with live small group discussion.*

Changes That Heal teaches that there are biblical solutions for your struggles. You will learn that God is able to do four things that we, his children, have difficulty doing. These are:

- Bond with Others
- Separate from Others
- Sort out Issues of Good and Bad
- Take Charge as an Adult

Attend this class and discover how you can make the changes needed to improve your life and relationships.

Format your text using either of these methods:

1. Copy and Paste from Word:

Format your text in a Word document. Copy it. Select the default text in one of the boxes, then paste.

OR

2. Format your text as you type it.

Bring up the Properties Bar by hitting **Ctrl E** (Command E on a Mac). Select the text you want to format and use the options on the Properties Bar to style your text.