



The One-Life Solution: Reclaim Your Personal Life While Achieving Greater Professional Success

Henry Cloud

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“Dr. Cloud will show you how to produce the results you are looking for in your work and personal life.”
—Dr. Phil McGraw, #1 *New York Times* bestselling author

From Dr. Henry Cloud, the million-copy selling author of *Boundaries* and *Integrity*, comes *The One-Life Solution*, an essential handbook that demonstrates how establishing a successful, happy, and rewarding business career can be achieved by setting physical, mental, emotional, and spiritual boundaries. Anyone who finds the chaos of the workday spilling over into their personal and family time—everyone who has ever wanted to have more control over the work and home aspects of their life—will find valuable answers in *The One-Life Solution*.

The One-Life Solution: Reclaim Your Personal Life While Achieving Greater Professional Success Details

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Author : Henry Cloud

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Laura says

This is a book to both read and study. He has a unique way of showing how integrity helps solve common problems. I plan on reading it again!

Veronica says

Excellent book for determining the right decisions to make in relationships in business. Many of the suggestions would help in various areas of life. Encourages readers to own up to your own choices and take steps to avoid allowing other people to prevent you from achieving your goals. I particularly liked the differentiation he made between those things in life that are vital but not urgent. He gives suggestions on how to make what is vital to a successful life be at the forefront of your decision making and not necessarily the urgent.

Mikhael De vera says

The audit is particularly useful. With all the noise the world spews at us, we may unconsciously become many people. Similar to many self-help books, this short read of easy enough to understand English aids us by identifying the boundaries necessary to kindle our mission, vision and goals. A timely read for one who is distracted and a little off track. I will definitely check out the workbook. :)

Teresa says

I've read many books by Dr. Henry Cloud, and this one is a great composite of so much of his wisdom!

Stacey Lozano says

I finished this and have gobs of notes to review when needed. It made me see some things differently, showed me where I needed to fix myself, and brought the hammer down on points I knew but hadn't followed through yet. From the 10 laws of boundaries to what boundaries help you do, the popular term I believe this book addresses is "wholeheartedness." It focuses on all aspects of life, thus living "one-life." I believe this book can speak wisdom into anyone's life, if you allow it.

Megan says

If you are human, than you have issues with boundaries in some areas of life. At least according to the author of this book. I tend to agree. The book was a little slow moving at times, but overall reading it has encouraged me to think about my own boundaries in life. He uses a great analogy of boundaries being like fences - you need yours to be defined and easily apparent to your neighbors. You shouldn't be going into other peoples' yards and fooling with their stuff, and you shouldn't allow them into yours either. I have used this visual several times in the past month to help me identify and process my own boundaries in a various situations.

He talks a lot about boundaries as related to work, but the lessons are easily transferable to the rest of life. If you have a particularly tough relationship at work, this would be a great read. I will save this on my book shelf for future reference for sure.

A.C. Bauch says

Having enjoyed *Boundaries* so much, I've wanted to read another Cloud and/or Townsend book. This one seemed as though it would be helpful, as I'm ever struggling to achieve that elusive work-life balance. (Also, I've given the book to a couple of people as gifts, so I wanted to be able to discuss it with them.)

Overall, I found a lot of helpful information in this book. Some of the content was a review of *Boundaries*, although I read that book some time ago and needed a brief review. And while I've read some of the hints and strategies in other books (especially adult ADD/ADHD books), I appreciated having them paired with the boundaries info and placed in a work-life context.

One aspect I liked about this book, which I also liked about *Boundaries*, is the combination of theory and application. Books that tell you "why" without explaining "how" frustrate me, and I'm glad Cloud avoids this, instead providing real-life scenarios and solutions. He speaks from experience, and anyone who reads his book(s) reaps the benefits.

MsSmartiePants ...like the candy... says

Currently re-reading and following the project of a Life Audit.

This is an outstanding book written by a successful corporate consultant (Phd. Psychologist) with experience in coaching executives in very large corporations. These executives, as with all of us, experience the same type of issues and have misguided attempts at dealing with these issues such as: bringing in Time Management Seminars, Conflict Resolution Training, etc.

The premise is that while these attempts at getting to the solution to the problem are good, they are inadequate.

There is a universal issue undermining executives and employees' abilities to resolve conflict, allocate time wisely, execute with excellence, generate and develop creative ideas, deal with difficult people, etc.

The issue lies within each of us: Boundaries. A must-read for those seeking to relate effectively, with integrity and humility in our personal and professional lives.

The author is a nationally recognized expert on corporate management as well as personal relationships, and the author of many books, several particularly on the subject of boundaries.

Carol Willis says

I read this because I need to reclaim my personal like AND achieve greater professional success, just as the subtitle says. It's so good. Yes, this is about productivity, but Dr. Cloud gets behind the usual time management advice -- all good -- to encourage the reader to look at why that advice might be so hard to follow. Why do I keep letting my boundaries get crossed? What voices am I listening to?

Sometimes some hard personal work has to come before, or at least t the same time as, getting things done. I'm still working on that.

Aaron Cash says

This is OK is so powerful. Feeling encouraged after reading this book. So grateful.

Andrew says

Dr Henry Cloud reminds us that the achievement is up to us. We are the instigators of the boundaries that will or will not allow for the outcomes we desire. Whether this be in the relationships we form in or out of the work environment. It includes practical time management issues, including interruptions whilst attempting to work on important projects, phone calls and email. This is a challenging book as you are called upon to be serious about who you are or might become, what do you 'really' desire? It is up to you.

Jenni Biegler says

I am still reading this but appreciate a section that highlights how technology has a way of taking over our time and attention and diverting it from more important things or people in our lives. I find myself starting to resent how text messages have a way of intruding on family time and/or dates with my mate. People have access to us 24/7 and unless we are intentional about setting boundaries with our electronic devices, we will always have a crowd of people with us.

Mark Elliott says

I suppose when you are good at writing about one thing, your work begins to reflect it no matter the content. The other title for this book would be "Boundaries at work" but for the sake of not wanting to alienate readers or to scare them off from this purchase it was more cleverly titled! =) The content though specific to work is similar to his other works but the good content comes in the last two chapter or so.

Jason Beck says

I read this about 5 months ago. It was one of the first non-fiction books I've read, but it helped me identify my core personal values, a vision for my future, action-oriented mission statements, and how to set and enforce boundaries in my personal and work life. Definitely a great read, and it inspired me to read several more books by Henry Cloud and John Townsend, as well as a slew of other books.

Daunavan Buyer says

Cloud is an amazing author and thinker - this book was extremely helpful in getting me to understand some of the ways I can break out of some bad habits and reconcile / put healthy boundaries around some toxic relationships. Highly recommended.
