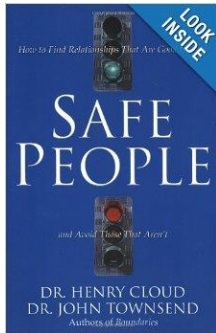
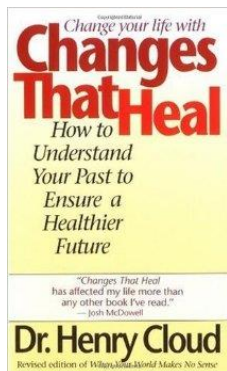


Recommended books for leaders



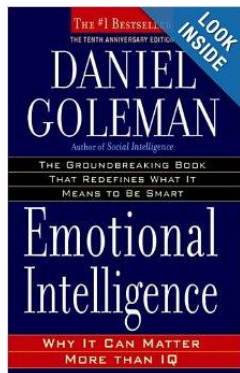
Too many of us have invested ourselves into relationships that left us deeply wounded. We've been abandoned or taken advantage of, and left with little to show for what we've given. We've lost our sense of security and personal value in the process. And what's worse, we tend to either repeat the same mistakes of judgment over and over . . . Or else lock the doors of our hearts entirely and throw away the key. Why do we choose the wrong people to get involved with? Is it possible to change? And if so, where does one begin? Drs. Henry Cloud and John Townsend offer solid **guidance for making safe choices in relationships**, from friendships to romance. They help identify the nurturing people we all need in our lives, as well as ones we need to learn to avoid. **Safe People** will help you to recognize **20 traits of relationally untrustworthy people**. Discover what makes some people relationally safe, and how to avoid unhealthy entanglements. You'll learn about things within yourself that jeopardize your relational security. And you'll find out what to do and what not to do to develop a balanced, healthy approach to relationships.

http://www.amazon.com/Safe-People-Relationships-Avoid-Those/dp/0310210844/ref=sr_1_1?ie=UTF8&qid=1387654652&sr=8-1&keywords=safe+people



Never before has an expert defined the steps toward self-fulfillment and satisfying relationships with such clear, insightful, and easy-to-follow guidelines. In **Changes That Heal**, Dr. Henry Cloud, a renowned clinical psychologist, combines his expertise, well-developed faith, and keen understanding of human nature in a **four-step program of healing and growth**. Dr. Cloud's down-to-earth plan shows you how to: bond with others to form truly intimate relationships, separate from others and develop a sense of self, understand the good and bad in yourself and others, and grow emotionally and spiritually toward adulthood. Filled with fascinating case studies and helpful, easy-to-adopt techniques, **Changes That Heal** offers sound advice that helps you get the most out of your life, heal the wounds of your past, and build lasting, loving relationships.

http://www.amazon.com/Changes-That-Heal-Understand-Healthier/dp/B003IDAXVC/ref=sr_1_3?ie=UTF8&qid=1387654005&sr=8-3&keywords=changes+that+heal

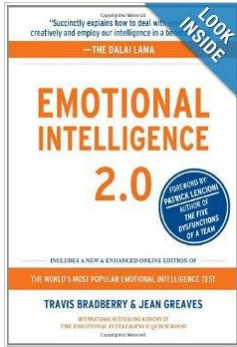


Everyone knows that high IQ is no guarantee of success, happiness, or virtue, but until **Emotional Intelligence**, we could only guess why. Daniel Goleman's brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our "two minds"—the rational and the emotional—and how they together shape our destiny.

Through vivid examples, Goleman delineates the **five crucial skills of emotional intelligence, and shows how they determine our success in relationships, work, and even our physical well-being**. What emerges is an entirely new way to talk about being smart.

The best news is that "emotional literacy" is not fixed early in life. Every parent, every teacher, every business leader, and everyone interested in a more civil society, has a stake in this compelling vision of human possibility.

http://www.amazon.com/Emotional-Intelligence-Matter-More-Than/dp/055338371X/ref=sr_1_1?ie=UTF8&qid=1387654097&sr=8-1&keywords=emotional+intelligence



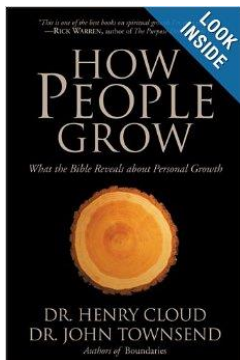
In today's fast-paced world of competitive workplaces and turbulent economic conditions, each of us is searching for **effective tools that can help us to manage, adapt**, and strike out ahead of the pack.

By now, emotional intelligence (EQ) needs little introduction—it's no secret that EQ is critical to your success. But **knowing what EQ is and knowing how to use it to improve your life are two very different things.**

Emotional Intelligence 2.0 delivers a step-by-step program for increasing your EQ via four, core EQ skills that enable you to achieve your fullest potential:

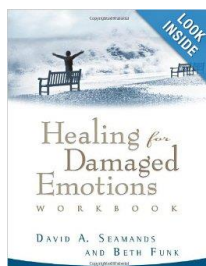
- 1) Self-Awareness
- 2) Self-Management
- 3) Social Awareness
- 4) Relationship Management

http://www.amazon.com/Emotional-Intelligence-2-0-Travis-Bradberry/dp/0974320625/ref=sr_1_1?ie=UTF8&qid=1387654182&sr=8-1&keywords=emotional+intelligence+2.0



All growth is spiritual growth. Authors Drs. Cloud and Townsend unlock age-old keys to growth from Scripture to help people resolve issues of relationships, maturity, emotional problems, and overall spiritual growth. They shatter popular misconceptions about how God operates and show that growth is not about self-actualization, but about God's sanctification. In this theological foundation to their best-selling book *Boundaries*, they discuss: *What the essential processes are that make people grow *How those processes fit into a biblical understanding of spiritual growth and theology *How spiritual growth and real-life issues are one and the same *What the responsibilities are of pastors, counselors, and others who assist people in growing---and what your own responsibilities are in your personal growth. *There is also a workbook.*

http://www.amazon.com/How-People-Grow-Reveals-Personal/dp/0310257379/ref=sr_1_1?ie=UTF8&qid=1387654238&sr=8-1&keywords=how+people+grow



Past problems can run rings around you.

Have you ever seen a cross section of the rings of a giant sequoia tree? Each ring of the tree reveals its developmental history. For example, one ring might represent a year of terrible drought while another ring shows signs of being struck by lightning. Some rings will probably show normal years of growth, but you may discover that a forest fire almost destroyed the tree.

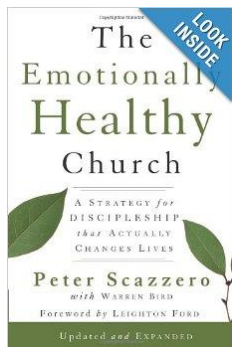
That's the way our lives are. Just below the protective bark--the concealing, protective mask--are the recorded rings of our lives. In the rings of our thoughts and emotions, memories are recorded that deeply affect our concepts, our rings of our thoughts and emotions, memories are recorded that deeply affect our concepts, our

feelings, our relationships. **They affect the way we look at life and God, at others and ourselves.**

Healing for Damaged Emotions Workbook provides you with the **tools to examine the rings of your life and find healing for the painful scars that cripple your emotions.** In this Workbook you'll find:

- Entire text of Healing for Damaged Emotions
- Scripture meditation and memorization
- Prayer exercises
- Journaling exercises
- Small Group Guide
- Recovery resources

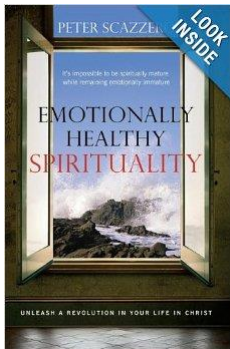
http://www.amazon.com/Healing-Damaged-Emotions-Workbook-Seamands/dp/1564760251/ref=sr_1_1?ie=UTF8&qid=1387654299&sr=8-1&keywords=healing+for+damaged+emotions+workbook



The Emotionally Healthy Church, Updated and Expanded Edition, the newly updated and expanded edition of the groundbreaking bestseller *The Emotionally Healthy Church*, features a fuller, deeper look at the six principles contained in the original and includes a crucial, additional chapter: *Slow Down to Lead with Integrity*. New Life Fellowship in Queens, New York, had it all: powerful teaching, dynamic ministries, an impressive growth rate, and a vision to do great works for God. Things looked good---but beneath the surface, circumstances were more than just brewing. They were about to boil over, forcing Peter Scazzero to confront needs in his church and himself that went deeper than he'd ever imagined. What he learned about **the vital link between emotional health, relational depth, and spiritual maturity can shed new light on painful problems in your own church.**

In this revised and expanded edition of his Gold Medallion Award--winning book, Scazzero shares refreshing new insights and a different and challenging slant on what it takes to **lead your congregation to wholeness and maturity in Christ.** Our churches are in trouble, says Scazzero. They are filled with people who are * unsure how to biblically integrate anger, sadness, and other emotions * defensive, incapable of revealing their weaknesses * threatened by or intolerant of different viewpoints * zealous about ministering at church but blind to their spouses' loneliness at home * so involved in 'serving' that they fail to take care of themselves * prone to withdraw from conflict rather than resolve it Sharing from New Life Fellowship's painful but liberating journey, Scazzero reveals exactly how the truth can and does make you free---not just superficially, but deep down. This expanded edition of *The Emotionally Healthy Church* not only takes the original six principles further and deeper, but also adds a seventh crucial principle. You'll acquire knowledge and tools that can help you and others: * look beneath the surface of problems * break the power of past wounds, failures, sins, and circumstances * live a life of brokenness and vulnerability * recognize and honor personal limitations and boundaries * embrace grief and loss * make incarnation your model to love others * slow down to lead with integrity This new edition shares powerful insights on how contemplative spirituality can help you and your church slow down---an integral key to spiritual and emotional health. *The Emotionally Healthy Church, Updated and Expanded Edition* includes story after story of people at New Life whose lives have been changed by the concepts in this book. Open these pages and find out how your church can turn a new corner on the road to spiritual maturity.

http://www.amazon.com/Emotionally-Healthy-Church-Expanded-Edition/dp/0310293359/ref=sr_1_1?ie=UTF8&qid=1387654775&sr=8-1&keywords=emotionally+healthy+church



What Are You Missing?

Peter Scazzero learned the hard way: **you can't be spiritually mature while remaining emotionally immature.** Even though he was pastor of a growing church, he did what most people do:

- Avoid conflict in the name of Christianity
- Ignore his anger, sadness, and fear
- Use God to run from God
- Live without boundaries

Eventually God awakened him to a biblical integration of emotional health, a relationship with Jesus, and the classic practices of contemplative spirituality. It created nothing short of a spiritual revolution, utterly transforming him and his church.

In this book Scazzero outlines his journey and the signs of emotionally unhealthy spirituality. Then he provides seven biblical, reality-tested ways to break through to the revolutionary life Christ meant for you.

“The combination of emotional health and contemplative spirituality,” he says, “unleashes the Holy Spirit inside us so that we might experientially know the power of an authentic life in Christ.”

http://www.amazon.com/Emotionally-Healthy-Spirituality-Unleash-Revolution/dp/0849946425/ref=sr_1_1?ie=UTF8&qid=1387654885&sr=8-1&keywords=emotionally+healthy+spirituality+by+peter+scazzero