



Never Go Back

Henry Cloud

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In this life-changing book, you'll learn ten pathways of success that will help you redirect your mistakes and make way for success—physically, personally, and spiritually.

Everyone makes mistakes, big and small. Sometimes our mistakes take us down the wrong path and send us spiraling into destructive life patterns, and sometimes we learn a lesson and never make the same mistake again. But how? How do we recognize our destructive patterns, make new choices, and then follow through?

In *Never Go Back*, bestselling author Dr. Henry Cloud shares ten doorways to success—and once we walk through these new pathways, we never go back again. His proven method—based on grace, not guilt—outlines ten common life patterns that sabotage success and lays out clear, concrete steps you can take to overcome them. You'll see your relationships flourish, your personal life enhanced, and your faith strengthened. Dr. Cloud's powerful message reveals doorways to understanding—once you enter them, you will get from where you were to where you want to be.

With a winning combination of eternal principles, spiritual wisdom, and modern scientific data, *Never Go Back* will put your heart in the right place with yourself and with God.

Never Go Back Details

Date : Published June 3rd 2014 by Howard Books

ISBN :

Author : Henry Cloud

Format : Kindle Edition 273 pages

Genre : Self Help, Nonfiction, Christian, Leadership, Psychology

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From Reader Review Never Go Back for online ebook

Dianne Irey mcdonald says

A really good book by my favorite psychologist especially for those of us who make mistakes and did not learn our lessons the first time around an issue.

Mary-anne Gillespie says

Absolutely LOVED this book. It was a simply read because it focussed right to the point. There wasn't a lot of "fluff" in this book which I really appreciated. The second part "now what"? was really helpful, I find so many books leave you hanging to figure the implementation afterwards, this book did a great job of tying it all together! I've already recommended it to several people!

Brandi (Rambles of a SAHM) says

When I see a book with the name Dr. Henry Cloud on it, I know that I am in for a time of introspection. In his latest book, Never Go Back, Dr. Cloud takes us through ten situations that we have probably found ourselves in but don't really want to do again.

The very first chapter was very providential in our lives at this point. We are facing a situation that is very similar to one we recently went through that didn't have a really wonderful ending. Through the use of personal examples Dr. Cloud walks you through your thought process and decision making. In this particular chapter he gently reminded you that even if you are going back you still need to be going forward. Through the steps he lined out it was easy to make a decision in regards to that particular situation.

The book is split into two parts. In the first part there are ten chapters that lay out situations that we find ourselves in over and over again even though we know we should choose differently. What I appreciated about this section of the book was the candor and honesty that Dr. Cloud puts forth. He readily admits that he has found himself in these situations, sometimes more than once. You get to glean nuggets of wisdom from his personal and professional knowledge.

The second part of the book was somewhat of an AMEN session for me. I could identify with the situations in the first part. (Been there, done that, got the scars to prove it!) But the second half was a very practical set of directives that could be put into practice to give me guidance to not go back and repeat bad history.

If you find yourself stuck in the rut of the same mess over and over, do yourself a favor and get a copy of this book. It reads like a conversation with a trusted and caring friend. I think you'll come away from it with some very powerful tools that will allow you to Never Go Back!

I received a copy of this book to facilitate my review.

Sandy Nawrot says

When Audible marketed all their self-help books at the beginning of the year, I jumped on this one. I'd never heard of this psychologist but I certainly can always use some help in living my life right and learning from my mistakes. I would agree that, as the reviews state, this book COULD change your life. In fact, in the back of my mind, I started thinking that this book, or at least its principles, are the exact type of thing that every young adult needs to know before they go off to college. If only I'd learned these things back when I was 18!

The principles discussed by Henry Cloud ARE common sense...never trust something that seems too perfect, always do due diligence, never turn from short-term pain that brings long-term success, etc. But it's amazing how many people don't practice them. I've taken notes while listening and intend to refer to them often, for myself AND for my kids.

A word of caution...Cloud does relate these 10 principles to scripture and his overall message is spiritual. This makes all kinds of sense and it didn't seem too preachy. But for those that aren't into that type of thing, you need to know what you're getting. I believe that whether you are a Christian or not, this book has merit.

I'm not sure if the book is best consumed via audio. This would better serve as a book that you could mark up, dog-ear and keep on your shelves. Additionally, the narrator, Michael Prichard, is NOT GOOD for this purpose. He's narrated some Tom Clancy novels and I just can't imagine. His delivery is stiff, almost to the point where it made me uncomfortable.

Jennifer says

Truly insightful

This book laid out 10 items that will bring you and your life down and explain what they are and how to keep from doing them. Some of these things may seem elementary but there are things you don't stop to think about on a regular basis and I think we've all fallen victim to. The last chapter on how to follow through with the special useful. Highly recommend.

John Lord says

Amazing insight from a Godly perspective. I loved this book and highly recommend it to anyone who wants to make some real change in their life.

Rob O'Lynn says

Known primarily for the Boundaries series and How People Grow (his collaborations with John Townsend), one may wonder what else Cloud has to offer. Cloud now finds himself a citizen of an authorial stratosphere that also boasts John Maxwell, Charles Stanley, Chuck Swindoll, Max Lucado, James Dobson and Dallas Willard. How many different ways can one author write about the same subject? (One could claim that John Ortberg and Timothy Keller could be on this list, although they vary what they write about although they

continue to churn books out at a dizzying speed.) Each of the author listed above have contributed significantly to our reading lists, and they books sell like hotcakes at a monthly VFW breakfast. However each of them, including Cloud, have come to a point where their influence has become polarized—you either like them or you don't like them.

This, then, is problematic for an author such as Cloud who typically deals with psychological topics from a spiritual perspective, as he does in *Never Go Back*. A seminary-trained psychologist, Cloud has never been afraid of hiding his faith nor has he ever backed down from operating out of a faith-based approach to therapy. He talks about this in the preface as he recounts a time of meeting with a television executive who was afraid that Cloud was a closet religious fanatic. Cloud reassured the executive (and the reader) that a person of faith can talk about matters of psychology and culture without sounding like a nut job. This is an important realization because of the theme that Cloud seeks to treat in this book.

The volume is divided into two major sections, following a preface and introduction. In the introduction, Cloud sets forth his purpose in writing this particular volume. When I agreed to review this volume, I thought it would be more along the lines of *Boundaries*—a popular-level treatment on overfunctioning, a controlling nature or the addictive personality. I was thus surprised when Cloud revealed that this book is actually on repentance. I have always heard (and, thus, taught) that we repent when we make a conscious change in our lives to walk in a different direction (stop an addiction, leave an abusive relationship, ask forgiveness for gossiping or cursing, etc.). Cloud argues that part of being a successfully spiritual person is to practice repentance, to realize things about our lives that are weighing us down or keeping us from achieving our goals and deciding not to continue living that way (i.e., stop trying to be someone you're not just to please another or continue to use failed processes to accomplish tasks). To Cloud, this is what it means to “never go back.”

This book is certainly written with individual readers in mind, although Cloud argues that it is not to be considered “self-help” because there is no such thing. We must allow God to work the changes in our lives. However this will be a valuable resource for preachers and teachers, counselors and spiritual directors because it will help us guide those who come to us for counsel about their spiritual lives. One of my biggest critiques of sermons is what are we supposed to do with it. Don’t just preach on repentance; give direction on how people can implement repentance. This book provides practical, spiritual applications for how we can change our lives.

I really enjoyed this book, and I would highly recommend it. If you were to read anything by Cloud, I would heartily recommend this and *Necessary Endings*. I think *Never Go Back* might actually be better than *Boundaries* simply because he has twenty more years of experience under his belt.

Rob O’Lynn, ABD
Assistant Professor of Preaching and Ministry
Kentucky Christian University

Disclosure of Material Connection: I received this book free from the Publisher and was asked to review it. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission’s 16 CFR, Part 255: “Guides Concerning the Use of Endorsements and Testimonials in Advertising.”

Kyle says

10 things you should never go back to/do. Many of the 10 things are blatantly obvious and yet I found myself shaking my head at all the times I've done the very "obvious" dumb thing.

Amy Edwards says

Highly recommend this for help in taking stock of patterns that you need to repent of and turn from. I'm cynical about "self-help" as a genre, but Dr. Cloud is always worth your time.

Ashley says

This book was the perfect mix of psychology and Godly wisdom relay these success "awakenings."

Rick Yvanovich says

He does warn at the beginning that he is a man of faith and thus mixes in (a lot!) his beliefs and quotes from the bible. Personally I'm not so keen on that I am more interested in the psychology rather than the philosophy. Quite a good read anyway

Donna says

I wish this book had been published when I was in my 20's or 30's when I struggled most with what Dr. Cloud lists as the "Never-Go-Back Awakenings".

1. Never Again...Return to What Hasn't Worked
2. Never Again...Do Anything That Requires You to Be Someone You're Not
3. Never Again...Try to Change Another Person
4. Never Again...Believe That You Can Please Everyone
5. Never Again..Choose Short Term Comfort over Long Term Benefit
6. Never Again...Trust Someone or Something Flawless
7. Never Again...Take Your Eyes Off the Big Picture
8. Never Again...Neglect to Do Due Diligence

9. Never Again...Fail to Ask Why You Are Where You Are

10. Never Again...Forget That Your Inner Life Determines Your Outer Success

Anna says

Henry Cloud really is all about the "tough love"! Though a curmudgeon sometimes, this book is SUPER practical! He is a fount of wisdom. Now that I'm done with the book I will surely pass it on to someone else.

Craig SmithII says

Best book I've read thus far!!!

I enjoyed the use of psychology and how he used scripture to link the two. Extremely helpful an absolute must read.

Mary Thomas says

Repeat materials from "9 Things..." book -but still a pretty good sermon.
