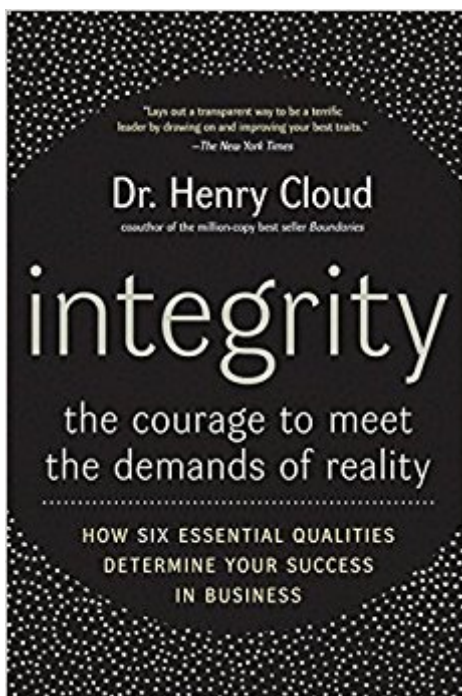


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# Integrity: The Courage To Meet The Demands Of Reality



## Synopsis

Integrity is more than simple honesty, it's the key to success. A person with integrity has the ability to pull everything together, to make it all happen no matter how challenging the circumstances. Drawing on experiences from his work, Dr. Henry Cloud, a clinical psychologist, leadership coach, corporate consultant and nationally syndicated radio host, shows how our character can keep us from achieving all we want to (or could) be. In *Integrity*, Dr. Cloud explores the six qualities of character that define integrity, and how people with integrity:

- Are able to connect with others and build trust
- Are oriented toward reality
- Finish well
- Embrace the negative
- Are oriented toward increase
- Have an understanding of the transcendent

Integrity is not something that you either have or don't, but instead is an exciting growth path that all of us can engage in and enjoy.

## Book Information

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## Customer Reviews

For Cloud, an author, clinical psychologist and corporate consultant, integrity is more than just a person's ethics and morals. The French and Latin meanings of the word hint at its origins, "that the whole thing is working well, undivided, integrated, intact and uncorrupted." Achieving this "wholeness" requires the development of six character traits (creates trust, unafraid of reality, results-oriented, solves "negative realities," causes growth and finds meaning in life) which Cloud examines in great detail, using business stories like Proctor and Gamble's success in China and the experiences of his CEO friends and clients. What each of his stories has in common is how success, often wild success across multiple fields, is fueled by openness, honesty to one's self and

to others and "true trust," which is borne out of someone's goodness not being "dependent on anything." Cloud's conversational writing style makes for an easy read, and much of his advice is sound if not groundbreaking, but some aphorisms come off as hokey. ("Things never work. When they don't, that is the time to make them work. Then, if you do, they work," or "Character = the ability to meet the demands of reality," which is not to be confused with integrity, the courage to meet those same demands.) This book is not for the person seeking a quick-fix; Cloud's breed of integrity is a lifestyle choice. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to the Hardcover edition.

"[Integrity] lays out a transparent way to be a terrific leader by drawing on and improving your best traits." (New York Times)  
"Let Henry Cloud teach you how to live an authentic life. This is a must-read!" (Ken Blanchard, Co-Author, The One-Minute Manager)  
"Dr. Henry Cloud is an expert in helping leaders see how their character development is essential to their effectiveness." (Denis Beausejour, Consultant and former Global Vice President of Marketing, The Procter & Gamble Company)  
"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 and host of the Dr. Phil show)

Dr. Henry Cloud nails it in this book. "Integrity" is a must read immediately following the "The power of the other." This one-two combination will shake you to your core. If you can be introspective and honest with yourself, these books will change your life and that of those you lead and love. As a bonus, "Integrity" is the best diet book I have ever read. I lost 15 pounds in a month by having the courage to face my reality. Thank you, Dr. Henry Cloud.

Insightful, helpful, encouraging, and inspirational this book is. In dealing with some difficult work situations, I began to seek out information and books that could explain what makes the good leaders good and what separates the good from the bad. I found the author's discussion on the good versus bad issue challenging but helpful. I know my own yes/no good/bad thinking has often made circumstances appear more ominous or threatening than they actually were. As one of those black-and-white thinkers, I was tempted to be immediately dismissive and defensive when it came to this part in Cloud's book. But I read through it, reflected on it, and truly believe it will come to help me work through my work situations. I took extensive notes in this book and will read through them time and again. If you think Integrity only deals with morals, you might want to take a look at this

book. Integrity is so much broader in scope than I ever would have known. One of my dad's favorite quotes is, "Life is a long journey with a heavy burden." Well, learning truths about yourself and coming to appreciate your authentic strengths (and weaknesses, too!) can do much to lighten the load! It's never too late to learn!

This was my fifth purchase of "Integrity." The last four were for employees who I am mentoring for supervisory positions and friends who own small businesses. I would highly recommend both the book and the principles that are taught in it.

Most books on leadership focus on the process and functions of leadership. That is good but incomplete. Some newer books focus on the character of leaders, especially on emotional intelligence and morality issues. That too is good but Henry Cloud takes the issues of character and leadership to a whole new level. He unpacks the issue of character and makes us realize that this is really the core of leadership, not just getting things done. As a leadership consultant and trainer, I now have a new set of tools that I can bring into what I am teaching, observing, and helping to construct. I recommend this highly and require it for all those I counsel on leadership development.

great book. lot's of thought provoking content. a client of mine learned about "empathy". This revelation may revolutionize his leadership.

A wonderful book regarding how to succeed in business and life by having integrity. I bought it used on Amazon and was able to sell it back on Amazon. Great!

I'm a psychotherapist and every once in a while I come across a book that I end up recommending to most of my clients. One of my clients thought I would like this one and I do! I think this is stellar! Dr. Henry Cloud writes in a very easy on the eyes (and brain) style and it is easy to catch yourself flowing through these pages. I will caution here as I do with the people I give this to to read. If your 1st response is to get defensive and take it as a personal assault on "your integrity", that is NOT what this book is about. Henry speaks of integrity on the different levels of the word's different meanings. Having Integrity in an industrial sense, for instance, means having all of its parts whole, solid, consistent through out... This book will help almost everyone reach in to tap into their inner strengths and make them outer strengths. If you have any desire to kind of rewrite yourself and morph into someone you might be a little more proud of, and end up more successful in your

relationships, business, and just about anything else you deal with on a person to person level, this book can help you do just that. Thanks Dr. Cloud on this excellent book.

Easy to understand and put into place the author's suggestions. I am determined to finish reading this book even with a busy schedule.

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