



How Families Flourish A Workbook for Family Optimization

By Dr. Daniel Trussell

WebStar Behavioral Health Press. Paperback. Condition: New. 280 pages. Dimensions: 10.0in. x 7.0in. x 0.6in. Revised, updated and expanded, How Families Flourish: A Workbook for Family Optimization provides simple to use worksheets to help you create a family map to help your family live the good life, one of hope, optimism and resiliency. You will learn how to instill the characteristics of wisdom, courage, love and humanity, justice, temperance and transcendence in your children through action and example. You will identify the common traits and attitudes that optimized families share. You will learn how to create A Family Charter step-by-step, that will lead your family to better relationships with each other, decrease behavior problems and reward excellence. The techniques, interventions and exercises in this book are scientifically validated to be effective in transforming family systems. The foundations include applied positive psychology, cognitive behavioral therapy (CBT), secure attachment formation, systemic family therapy, mindfulness training, social learning theory positive discipline and other disciplines. If you are ready to take the next step to optimizing family functioning and developing a systematic approach to transforming your family from floundering to flourishing, this book is your guide. This item ships from multiple locations. Your book may...



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