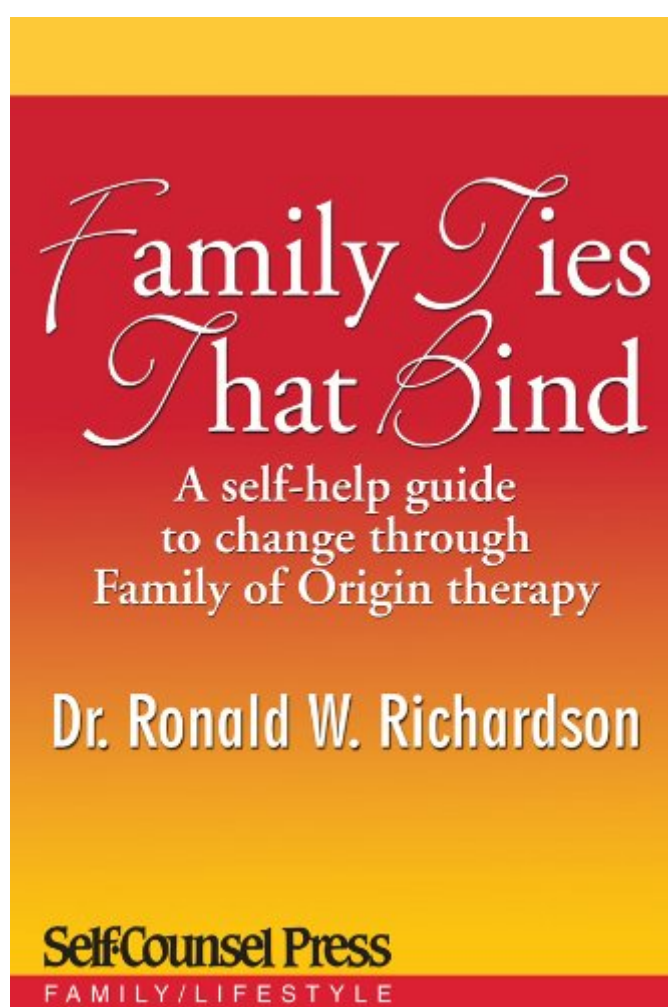


The book was found

# Family Ties That Bind: A Self-help Guide To Change Through Family Of Origin Therapy (Personal Self-Help Series)



## Synopsis

Improve your personal relationships Most people's lives are complicated by family relationships. Birth order, our parents' relationship, and the "rules" we were brought up with can affect our self-esteem and relationships with spouses, children, and other family members. Family of Origin therapy and techniques can help you create better relationships. This easy-to-read, practical book explains how families function and what you can do to change the way you act in your family and with other people. Exercises show how to apply the principles to your own situation and develop a more positive approach to all aspects of your life. Topics covered include: \* What makes it so difficult to be myself with my family? \* How is my relationship with my spouse affected by how my family acted when I was a child? \* Will my parents still love me if I let them know my real feelings? \* How has my birth order and my gender affected my personality? \* What birth order in a spouse is the best match for me? \* Why do I always feel rejected when my spouse disagrees with me? \* How can I change the way I react? \* What role does my family history play in my life? \* How can I improve my communication skills? Step-by-step exercises show how to make contact with "lost" family members, how to interview relatives to develop a clearer picture of how each member fits into the family tree, and how to find different and better ways of dealing with family relationships. Professionals will also find this book a useful companion to their therapy sessions with clients.

## Book Information

File Size: 1248 KB

Print Length: 152 pages

Publisher: Self-Counsel Press; 4 edition (February 24, 2012)

Publication Date: February 24, 2012

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0092WGXC6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #98,287 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20

inÃ Â Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Parenting > Babies & Toddlers > Child Development #26 inÃ Â Books > Parenting & Relationships > Family Relationships > Military Families #35 inÃ Â Kindle Store > Kindle eBooks > Nonfiction > Politics & Social Sciences > Social Sciences > Sociology > Marriage & Family

## Customer Reviews

Excellent book for anyone who is interested in improving family relationships. It helped me understand that a family is more than the sum of its members and that relationships may have many influences and implications. Easy to read, to the point and very helpful.

I have been recommending this book to friends and colleagues who are struggling with family issues. It is easy to read, and yet raises very relevant and practical questions. This is the perfect bridge between the most powerful academic ideas, and practical steps for anyone to take to understand themselves, and create better relationships with their family. There are many cases presented in the book that can help you see that what you're experiencing is common, and can be worked through. The underlying structure of the book is very solid--based on Friedman's emotional systems stuff. There is a part at the end on how to research and learn from your family history, going back several generations. Finally, there is a fun chapter on family position. I think it is meant to be general, and taken with a grain of salt. Having said that, I've found the research on the link between family position and couple compatibility to be very interesting. If you like this book and want more depth, read "Generation to Generation" by Edwin Friedman.

Richardson delivers exactly what he promises - a good introduction to Family Systems in layperson terms. Do not expect that you can read this brief work and become an expert on Family Systems or even make major changes in your own life by reading this "Self-help guide" (or any other self-help guide for that matter). For that you will have to do your own work with lots of introspection and for most more guidance and learning than this book can provide, but it does deliver a very good introduction and gets you thinking about your relationships in a new way. Very good resource.

Ronald Richardson is a clear writer, very experienced in the field of family systems dynamics and has some very insightful, though brief, work here on family systems dynamics. This book would be helpful for anyone to read!

really great book! speaks a lot of truth about family and the things that influence us in our lives, it's worth reading for sure.

This book is very well written and very easy to read. It is well structured and explains relationships between siblings in a clear concise manner. I learned a lot from this book and I recommend it ...

great insights about family of origin and how somethings we deal with come from our family of origin issues, I learned many things

Excellent, easily accessed for the layperson. I hand this book out on a regular basis with great success in helping people understand themselves and others.

[Download to continue reading...](#)

Family Ties That Bind: A self-help guide to change through Family of Origin therapy (Personal Self-Help Series) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Ties That Bind, Ties That Break Give and Take (Ties That Bind Book 1) The Ties That Bind (Adventures in Odyssey) Ties That Bind: A Novel (The Amish of Summer Grove) Fullmetal Alchemist, Vol. 5: The Ties That Bind Paracord Fusion Ties - Volume 2: Survival Ties, Pouches, Bars, Snake Knots, and Sinnets Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) The Annotated Origin: A Facsimile of the First Edition of On the Origin of Species Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1) Winning Personal Injury Cases: A Personal Injury Lawyer's Guide to Compensation in Personal Injury Litigation Internal Family Systems Therapy (The Guilford Family Therapy Series) Essential Skills in Family Therapy, Second Edition: From the First Interview to Termination (The Guilford Family Therapy Series) Nlp: A Psychologist's Guide to Master Influence & Human Behavior Through Personal Mind Control - Maximize Your Potential for Excellence (Psychology Self-Help) (Volume 2) Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ...

Skills, Motivation, Self Belief Book 8) Cognitive Behavioral Therapy: Techniques for Retraining Your Brain, Break Through Depression, Phobias, Anxiety, Intrusive Thoughts (Training Guide, Self-Help, Exercises) ACE Personal Trainer Flash Cards: ACE Personal Training Test Prep with 300+ Flash Cards for the American Council on Exercise Certified Personal Trainer Exam

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)