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The Secrets of Happy Families: Improve Your Mornings, Rethink Family Dinner, Fight Smarter, Go Out and Play and Much More

By Bruce Feiler

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Secrets of Happy Families: Improve Your Mornings, Rethink Family Dinner, Fight Smarter, Go Out and Play and Much More, Bruce Feiler, Bestselling author and New York Times family columnist Bruce Feiler found himself squeezed between caring for ageing parents and raising his children. So he set out on a three-year journey to find the smartest ideas and the most cutting-edge research about families of all varieties, novel solutions to make his own family happier. Instead of the usual psychologists and family 'experts', he sought out the most creative minds - from Silicon Valley to the set of Modern Family, from top negotiators to the army - and asked them what team-building exercises and problem-solving techniques they use. Feiler then tested these ideas with his wife and kids. The result is a fun, completely original look at how families can draw closer together. Feiler's life-changing discoveries include a radical plan to reshape your family in twenty minutes a week, Warren Buffett's guide for setting an allowance, and the Harvard handbook for resolving conflict. The Secrets of Happy Families is a timely, counterintuitive book that answers the questions countless parents are...



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