# **📦 Amazon-Ready Book Descriptions & Metadata**

(*Formatted for use across KDP, IngramSpark, Author Central, and online retailers*)

## **🔹 Short Description (Max 150 Words)**

Families are breaking — not because they don’t love each other, but because they’ve lost the structure to hold that love in place. *Rebuilding the Family Unit* is a generational blueprint for restoring what matters most. From co-parenting without conflict to healing generational pain and designing rhythm in a disconnected world, this book meets families where they are — and guides them to something stronger. Real, raw, and practical.

## **🔹 Long Description (Max 600 Words)**

In a culture obsessed with hustle, productivity, and personal branding, the most important institution we have — family — has quietly eroded. Parents are overwhelmed. Children are overstimulated. Relationships collapse not from hatred, but from disconnection, unspoken expectations, and generational wounds passed down like furniture.

*Rebuilding the Family Unit: From Fractured to Unstoppable* is not a self-help book. It’s a step-by-step blueprint for families ready to stop repeating what hurt them and start building something stronger. Whether you're raising kids together or across two households… whether you're part of a big extended system or doing it solo… this book helps you build connection, rhythm, clarity, and long-term emotional safety.

Inside, you’ll learn:

* Why families keep breaking in the same ways — and how to interrupt the cycle
* How to co-parent as a team (even when you don’t agree)
* What a real family foundation looks like (and how to design yours from scratch)
* How to merge cultures and values without losing yourself
* Why children rebel, withdraw, or shut down — and how to respond with strength and empathy
* What it takes to raise emotionally stable kids in an unstable world

Based on grounded research, personal experience, and the lived reality of modern families, Shane Russell offers a compassionate, realistic guide for families of every shape, size, and structure — including single parents, stepfamilies, intergenerational homes, and families of choice.

This isn’t about perfection.  
 It’s about presence, purpose, and repair.  
 It starts with one person who decides: *This time, we’re doing it differently.*

## **🔹 BISAC Categories (Pick 2–3)**

(Required for KDP + Ingram metadata)

* FAM034000 – Family & Relationships / Parenting / General
* FAM050000 – Family & Relationships / Conflict Resolution
* SEL031000 – Self-Help / Personal Growth / Happiness
* FAM020000 – Family & Relationships / Divorce & Separation *(optional)*

## **🔹 Keywords / Tags (KDP, SEO, Author Central)**

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family structure, co-parenting, generational trauma, parenting systems, emotional safety, family blueprint, raising kids, family repair, modern family life, child behavior, blended families, rhythm and routine, family roles, healing the home