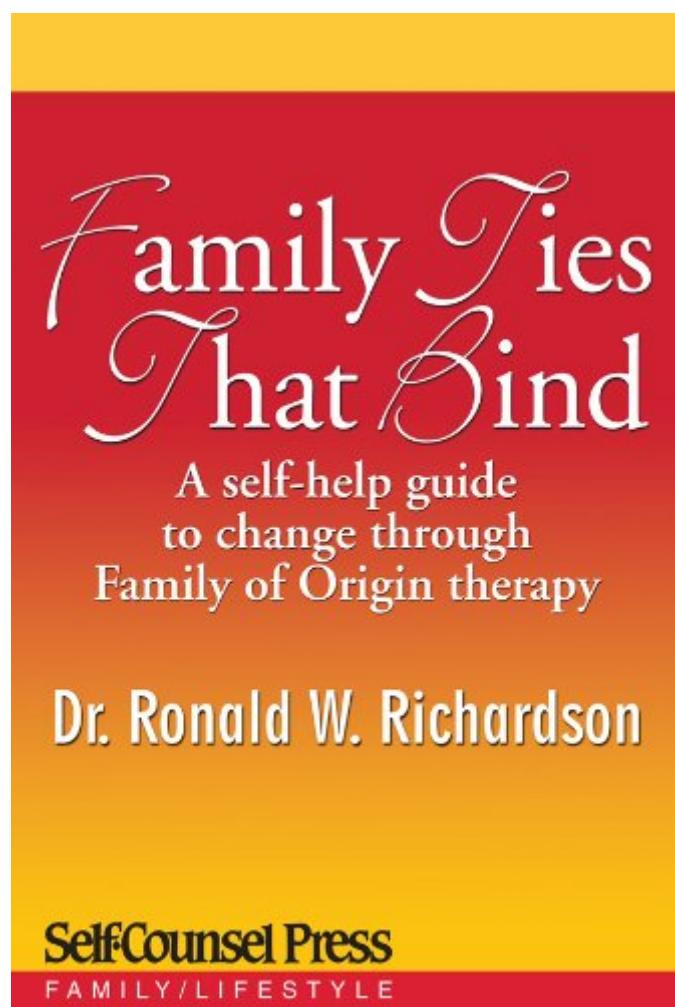


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# Family Ties That Bind: A Self-help Guide To Change Through Family Of Origin Therapy (Personal Self-Help Series)



## 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 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

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## Customer Reviews

Are your close relationship "stuck". "Family Ties that Bind", by Dr. Ronald Richardson, is now in its 2011-4th edition and has sold over 135,000 copies. "Family Ties" is a systematic way to get un-stuck from all of our family of origin's messiness. He dares us to understand why we are who we are without being powerless to become healthier both within, and with our closest relationships. Dr. Richardson forms powerful concepts to visualize how we link our families together. He uses Family Systems theory from the Bowen Theory approach without using a lot of psycho-jargon. The paperback is brief, only 140 very readable pages. He is wonderfully transparent with his own family "mobile" and shares how he has worked through his own relationship. This gives the book some flesh and blood, far more than a text book or a mere "how-to". Everything begins with our own need for closeness and separateness. As we understand our personal needs and move toward our own healthy balance we are able to identify the dynamic, everchanging forces at work in our families. You will find that there is all families have messiness and not just yours. You will see that all families are built on emotional relationship that spiral in and out, closer at times and farther away at others. Each chapter contains thought provoking questions and an exercises to find healthier ways to live together. He teaches us the difference between thinking and feeling; the wonders and dangers of "triangling"; how to escape unhealthy roles and form healthy ones; what we can learn from birth-order; and ends with a step by step process to put these concepts to work. The goal is not to cure but to improve personal relationships and lead a less anxious life in the process.

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