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## Family Ties That Bind: A Self-help Guide to Change Through Family of Origin Therapy (Paperback)

By Ronald W. Richardson

Self-Counsel Press, Canada, 2011. Paperback. Condition: New. 4th Revised edition. Language: English . Brand New Book. 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...



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