



## The Thriving Family: How to Achieve Lasting Home-Life Harmony for You and Your Children

By David Coleman

Hachette Books Ireland. Paperback. Book Condition: new. BRAND NEW, The Thriving Family: How to Achieve Lasting Home-Life Harmony for You and Your Children, David Coleman, Every parent's goal is to raise happy, healthy children who can thrive and flourish whatever the challenges faced along the way. In The Thriving Family, leading psychologist David Coleman shares his unique vision to show us how. Outlining his core principles of 'kind but firm' parenting, he reveals how powerful tools such as empathy, positive reinforcement and setting successful boundaries can lead to a loving, supportive and calm home environment that allows every member to thrive. Drawing from his vast experience working with families, he looks at new ways to approach common issues, including adapting to parenthood; dealing with bullying, drugs and alcohol; creating healthy social networks online and in real life; dealing with separation and loss; enhancing sibling harmony and reducing rivalry; thriving when your children move on. Whatever the situation or challenge, The Thriving Family empowers parents to create the best future for their children, and encourages children to step into it with joy and confidence.



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