

Acces PDF Step Families (Let's Talk About
(Stargazer Books))

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Imagine filling in an application form for your child's new school and realising there isn't enough space to include all the adults who play a role in the child's life. These days, 'parent' could mean birth parent, step-parent or co-parent, and the concept of 'family' goes way beyond the mythical 'mom-dad-and two kids'. Blending Families attempts to address some of the challenges of merging established family units. The focus is on the children because, whether they are 'his', 'hers' or 'theirs', it is the children who, more often than not, are responsible

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either directly or indirectly for the success or failure of the new family unit. Understanding how toddlers, tweens and teens perceive the new situations in which they find themselves, and their possible reactions to their new living environment, is the essence of the book. But it's not all about the children. Adults are often at their most fragile and vulnerable when forming new relationships, and the book provides valuable tools with which to resolve some of the challenges of living together in a blended family. Flicky Gildenhuis equips parents with tried-and-tested, down-to-earth psychological tools and the experience gained from decades of family counselling to manage whatever issues may arise and achieve true and lasting happiness as a new family. As a

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mother and step-mother herself, she understands both the joy and the turmoil that comes from having to deal with the past before one can build a foundation for the future.

A complete guide to more than 300 of the best reading resources for use in your practice Bibliotherapy can be a valuable adjunct to virtually any psychotherapeutic approach. Recommending books that focus on your clients' core problem issues helps them see that they are not alone in their suffering. It also may help them more rapidly gain insight and a more realistic sense of control regarding their situation. And, by extending the therapeutic process beyond the therapist's office, bibliotherapy functions as a valuable cost-containment

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strategy. But, with thousands of self-help titles to choose from, how do you separate the wheat from the chaff and find the best match between client and book? Read Two Books and Let's Talk Next Week provides you with the detailed information you'll need to confidently navigate the vast, ever-growing sea of self-help literature.

Organized by nineteen major presenting problems, it features reviews of more than 300 of the best self-help books published over the past thirty years. Each summary includes: A concise synopsis detailing the book's main subject area and its author's approach A description of the three major client groups for whom the book is appropriate Five main therapeutic insights readers may gain by reading the book Complete

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publishing information to facilitate easy access

Blended Family Advice is step-by-step guide to help blended and stepfamilies navigate the rough areas in their marriage and family. The book focuses on three main areas: marriage, kids, and the outside world. Learn how to communicate with your ex-spouse successfully, create a sense of unity in your newly blended family, how to treat stepparents and stepsiblings, and how to create house rules and expectations in your new blended household. Shirley Cress Dudley uses her skills as a licensed professional counselor, and as a stepmom to help blended and step families learn how to become strong and successful. Blended Family Advice contains the keys to a successful blended family along with

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several bonus reports: a financial planner, creating successful blended family holidays, house hunting for the blended family, and a guide for grandparents.

Blended families and stepfamilies will find this book to be a comprehensive resource and one that every stepfamily and blended family will need in their home.

Visit The Blended and Step Family Resource Center <http://www.TheBlendedandStepFamilyResourceCenter.com> and <http://www.BlendedFamilyAdvice.com> for more

**information. Shirley Cress Dudley, MA LPC
Shirley@BlendedFamilyAdvice.com**

Explains what stepfamilies are, the challenges they face, and how they can be overcome.

101 Great, Ready-to-Use Book Lists for Children

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Starting conversations about the facts of life (From how babies are made to puberty and healthy relationships)

**Helping Your Children Survive The Birth Order Blender
Family Disintegration**

Stepparenting

Stepfamilies

Discusses the changes involved in becoming part of a stepfamily and ways to deal with the new situation.

Let's Talk Relationships offers a multitude of creative ways to get young people aged 13-19 talking about positive relationships, helping them to stay safe, healthy and happy. Ideal for groups or one-to-one work, this resource

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features over 90 tried and tested activities. Focusing on peer friendships, personal relationships and family dynamics, issues covered include peer pressure, relationship bullying, decision-making, managing conflict at home and family values. Activities come complete with photocopiable worksheets and include ideas for storyboard work, games, role-play and quizzes, as well as suggestions for creative projects including drama, music and art activities. They are designed to build assertiveness skills, encourage young people to make positive choices and help them to talk about their feelings. This second edition is fully

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updated and contains over ten new activities in each of the five sections. This is an invaluable resource for all those working with young people, including youth workers, teachers and voluntary sector youth leaders, helping them to make sessions valuable, educational and enjoyable.

You want the truth, not a sitcom of illusion. You want authenticity, not just perception. You want to know...Can stepfamilies be done right? Can God really bring beauty from ashes for your "blended" family? "Yes!" say stepmother and stepson, Joann and Seth Webster. In spite of past experience, you can walk with divine

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confidence, past failures and mixed expectations, to find hope for your future together. Joann and Seth Webster take you where few would ever tread, back into their painful years as a newly blended family when life revolved around "The Divorce," the "Other Parents" and the co-dependant behavior of teenaged brother who reenacted destructive roles that felt familiar. You will also discover what every stepfamily must survive in order to thrive: Choosing the best course for discipline Determining a role for the stepparents there an "easy" way to do visitation? Dealing with the "ghosts" in each member's past Living through

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the three cycles of stepfamily life Adjusting expectations for becoming a "real family" Create a Loving and Safe Environment for Your Blended Family Blended families face unique challenges, and sadly, good intentions aren't always enough. With so many complex relationships involved, all the normal rules for family life change, even how you apply something as simple as the five love languages. That's why Gary Chapman, the bestselling author of The 5 Love Languages® and national expert on stepfamilies, Ron Deal, join together in this book to teach you how the five love languages can help your blended family. They'll

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teach you: About the unique dynamics of stepfamilies How to overcome fear and trust issues in marriage How to develop healthy parenting and step-parenting practices How the love languages should—and should not—be applied You're going to face many challenges, but with the right strategies and smart work, your family can be stronger and healthier together.

Activities for Exploring Love, Sex, Friendship and Family with Young People

Helping Children Learn to Cope with Blended Households

Making Peace in Your Step-Family

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Lets Talk about Stepfamilies A Survival Guide for Blended Families The Zuckerman Parker Handbook of Developmental and Behavioral Pediatrics for Primary Care

As a result of divorce and remarriage, many kids in our country will be living with a new parent and new brothers and sisters. This reconfiguration has its own challenges and rewards, and this book helps with both.

The thoroughly updated Third Edition of

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this popular handbook provides practical guidance on diagnosing and treating children with developmental and behavioral problems in the primary care setting. Chapters written in outline format address topics ranging from everyday problems such as biting and social avoidance to serious and complex psychiatric disorders such as anorexia and depression. This edition includes new chapters on dealing with difficult child behavior in the office;

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alternative therapy for autism spectrum disorders; treatment of autism spectrum disorders; oppositional defiant disorder; bilingualism; health literacy; incarcerated parents; and military parents. Recommended readings for physicians and parents are included. A companion website includes the fully searchable text.

First published in 1999, this book contains the findings of an exploratory study using in-depth interviews on

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parenting and the dynamics of Hong Kong Chinese stepfamilies. The stepfamily is a topic which is in lack of local research in Hong Kong, but is an emerging family structure which has increasing need for professional intervention. This study began as a result of the researcher's concern about the soaring number of divorces and broken families in Hong Kong and her curiosity to uncover the untold stories of stepfamilies. The literature

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review, presentation and thematic analysis of the findings of this study will increase the readers knowledge and understanding of stepfamilies in contexts which are different from Western societies. This book unveils the perceptions and life experiences of the stepmothers, social workers and teachers attitudes towards stepfamilies and the parenting behaviours of stepfamilies in Hong Kong. The author has reflectively analyzed the complex

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interplay between the social attitudes, cultural stereotyping of stepfamilies influenced by Chinese traditional values, aspirations towards marriage and marital relationships, parental expectations and parent-child relationships, ideology and policy issues affecting professional intervention.

Like so many children from divorced families, Jessica finds herself dealing with the pressures and anger that come

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when both her mother and father remarry and she has two whole new families to live with, each with different rules. She feels angry because nothing is like how it was before. Her new step-parents set down rules that feel unfair, and her new step-siblings don't seem to want her around. Jessica feels lonely because her mother spends time with her new husband, Mike, and her father is busy with two additional children to raise. With honesty and compassion,

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Jessica's Two Families teaches children that it is okay to be upset about adjusting to new families. It urges them to share their hurt feelings with their parents and counselors so that everyone can learn how to make the good parts of a new extended family better. Children learn that functioning as blended family will take time, but their efforts will be rewarded. Two new families means twice the love!

Let's Talk About It

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*Let's Talk. The Parents' Perspective ;
Let's Talk. The Teenagers' Turn
Stepfamilies*

*Let's Talk About Living in a Blended
Family*

Making Adult Stepfamilies Work

Of all mental health disorders, schizophrenia remains the most pervasive, bewildering, and resistant to treatment. In addition to its profound effect on the patient, the illness can be equally devastating to the family, a problem that is

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compounded by the family's frequent role as provider of primary care. Psychoeducation systematically takes into account the family's role in providing care, and the importance of supporting this system, which in turn supports the patient. It is a method of care that remains focused on the family while making use of biological, psychological, and vocational interventions. SCHIZOPHRENIA IN THE FAMILY represents the first treatment manual based on the psychoeducational model. In conjunction with maintenance chemotherapy, psychoeducation reduces the emotional intensity of the patient's

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environment and creates a sense of continuous care. Using illustrative case examples, this "how-to-do-it" manual demonstrates methods to: * Increase treatment compliance * Sustain patients in the community * Gradually integrate patients into familial, social, and vocational roles. Specifically, they explain how to develop a productive treatment alliance with the patient and the family, and how to share with them concrete knowledge about the illness as well as management techniques for handling its difficulties. They provide recommendations for managing the critical, early outpatient phase of

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treatment and suggest methods for promoting the ability to work and socialize outside the home. Additionally, they describe how to conduct the final stages of treatment, when patients may be moving into maintenance sessions, other treatment methods, or toward termination. The book concludes with a helpful chapter on training issues and the application of the psychoeducational model to other mental health systems.

The contemporary family is being distracted, disturbed and distraught by societal pressures from every direction. The nuclear family concept,

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believed crucial to child rearing, is becoming passé according to census data. Or has the wave of disruption to families crested? It is hoped that this bibliography will serve as a useful tool to researchers seeking further information on families and the pressures being exerted upon them in the 21st century.

With a synthesis of research on issues key to understanding family interaction, as well as an analysis of many theoretical and methodological choices made by researchers studying family communication, the Handbook serves to advance the field by reframing old questions and

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stimulating new ones. The contents are comprised of chapters covering: theoretical and methodological issues influencing current conceptions of family; research and theory centering around the family life course communication occurring in a variety of family forms individual family members and their relationships dynamic communication processes taking place in families family communication embedded in social, cultural, and physical contexts. Key changes to the second edition include: updates throughout, providing a thorough and up-to-date overview of research and

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theory new topics reflecting the growth of the discipline, including chapters on "singles" as family members, emerging adults, and physiology and physical health. Highlighting the work of scholars across disciplines--communication, social psychology, clinical psychology, sociology, family studies, and others--this volume captures the breadth and depth of research on family communication and family relationships. The well-known contributors approach family interaction from a variety of theoretical perspectives and focus on topics ranging from the influence of structural characteristics on family relationships

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to the importance of specific communication processes.

From the author of How Are You Feeling Today? and Will You Be My Friend? comes a brand new picture book all about the birds and the bees (sex education). It's natural for young children to have questions about their bodies and where they came from, but it can seem a daunting task to answer honestly so that they understand the subtleties of puberty, sex, reproduction and relationships, and are comfortable with their bodies. This books uses clear, easy to understand language to answer complex questions about sex

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and relationships, and covers all manner of tricky subjects from puberty to consent with delicate accuracy and honesty. Filled with bright, fun illustrations and helpful advice for parents and carers, Let's Talk About the Birds and the Bees is the perfect book for explaining the facts of life to small children.

Let's Talk Families

A True Story: Innocent and Incarcerated

Living in a Step-Family Without Getting Stepped on

The International Handbook of Stepfamilies

Flipping the flexible working narrative for

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education

The Handbook of Play Therapy

"When two families unite, they don't blend, they collide," says Dr. Kevin Leman, bestselling author of *The New Birth Order Book*. But he also believes, "You can blend a family without breaking it. The principles in this book will help you wage the battle of blending your family-and come up not only a survivor but a winner!" By understanding the impact that birth order has on each family member, parents are better equipped to ease the transition into a new, different but functional family unit. Using his signature humor and real life examples, Dr. Leman provides both insight and practical advice about discipline, self-respect, parental authority, and the importance of the marriage relationship.

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Divorce Mediation Manual offers an important resource for anyone contemplating divorce. This manual is meant to positively assist and inform couples engaged in the process of divorce mediation, helping them navigate the process. Divorce mediation is about choosing what to do when a marriage is coming apart, and decisions must be made about what's best for both parties. If there are children involved, the mediation process can become an important process to promote a healthy connection between the parents and the children. In mediation, the couple meets with a neutral third party, the mediator; with his or her help, they work through the issues they need to resolve, so they can end their marriage peacefully, respectfully, and inexpensively. The basic topics to resolve in mediation include the following:

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Division of assets and debts Child custody and establishing a parenting plan Child support, spousal support, or family support Division of employee/retirement benefits Resolving reimbursement claims Avoiding taxes and defining the tax basis of assets to be divided Divorce Mediation Manual is an effective guide to making the right choices when considering a divorce or engaged in divorce mediation.

Let's Talk About It Stepfamilies

The narrative around flexible working needs flipping. After being able to work flexibly for 14 of her 23 years in education across teaching, school leadership and MAT leadership roles, Emma Turner realised that sadly, she's actually in the minority and has just been kinda lucky. Across the education system, although there is a recent groundswell of support for

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developing more life friendly, innovative and flexi ways of working, there are still a great deal of misconceptions, biases and prejudices about flexible working and flexible workers. Through her 'playlist' of educational floor fillers, Emma explores some of the successful ways in which flexible working can be viewed by both employers and employees for staff at all levels, including senior and school leadership. Designed to open up the flexible working conversation, this book outlines what can work, what has worked and what could work. This new way of viewing the flexi narrative from an experienced flex-pert encourages all to revisit our views on flexible working.

Policy and Practice in Legal, Research, and Clinical Environments

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**A Step-By-Step Guide to Help Blended and Step Families
Become Strong and Successful**

Let's Talk about Flex

Using Bibliotherapy in Clinical Practice

Building Love Together in Blended Families

Divorce Mediation Manual

Love may be sweeter the second time around, but once the bliss of a newfound relationship wears off a little, the reality of being part of a stepfamily sets in. If you are one of the millions of remarried Americans facing the challenge of blending two existing families into one cohesive whole, you are part of a stepcouple—and you

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know all too well how hard it can be to make your marriage work in sometimes tough terrain. Different parenting styles, finances, relationships with ex-spouses, legal matters, and even seemingly simple issues such as the kinds of chores assigned to children can chisel away at your union if you don't always make your marriage a priority. Stepcoupling offers advice for stepcouples on how to do just that—all the while strengthening their blended family with a healthy marriage. Susan Wisdom and Jennifer Green provide tips and strategies on dealing with the issues remarried couples face, with a wealth of

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advice from real-life stepcouples, such as: *

- * Learning to tailor your expectations of your spouse or children and remembering that no family is perfect
- * Knowing where your boundaries are, whether involving a hostile ex-spouse or a stepchild who demands too much attention
- * Realizing that traits like flexibility, tolerance, forgiveness, and openness are especially essential in a stepfamily situation
- * Making “us” time for talking, problem-solving, weekends away, and enjoying your marriage to constantly renew and strengthen your bond as a couple

Let this invaluable remarriage manual help

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you make your stepcouple the foundation of a strong, happy, and successful stepfamily.

Written by contributors from around the world, *The International Handbook of Stepfamilies: Policy and Practice in Legal, Research, and Clinical Environments* is a collection of research, legal, and clinical recommendations that fills a growing need for complex, re-formed families. Using the information in this book, which includes contemporary research and its implications, you will be able to consider stepfamilies in an international context. Understand the issues that clinicians face when they work with stepfamilies,

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both before and after formation, and gain more knowledge about this topic as the rates of family reformation increase.

Here are innovative ways to defuse inevitable hostilities in blended families, cope with common fantasies of instant success, end power struggles, and encourage communication. Featuring exercises, visualizations--and a comprehensive bibliography and list of helpful organizations--this indispensable guide is both practical and compassionate.

Created in consultation with teachers and public librarians, this fantastic collection of 101 ready-to-

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use book lists provides invaluable help for any educator who plans activities for children that involve using literature.

A practical guide to negotiating the challenges that step-families face

Let's Talk about Your Parents' Divorce

Social Attitudes, Parental Perceptions and

Parenting Behaviours in Hong Kong

Step Families

Stepcoupling

Creating and Sustaining a Strong Marriage in

Today's Blended Family

Life Under Siege III – A True Story: Innocent and

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Incarcerated. Are You There, God? By: Mazell Shepherd Miley Author Mazell Miley from the simplicity of a rural Kentucky childhood to an almost complexity of life in the urban areas. In whatever setting the author found herself, she always had the virtues of enterprise and self-reliance. Left with six children when her husband died suddenly, she raised them by herself. Her husband's death underscored her concern about the healthcare in this country. Miley left home during World War II. She met her husband, a member of the US Navy. They had a life of hard work, gardening, and canning the vegetables she grew, taking care of Paw Paw Trees, and freezing the fruit. The past sixteen years have been the hardest, with Miley's son being in prison with more time to go. This led Miley to question her faith in American

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institutions, especially the legal system. Life Under Siege III: Innocent and Incarcerated details the trials and tribulations Miley has experienced with her family.

Explores the issues reagarding family, friends, bullies, death, and growing up.

Offers basic advice on how to deal with parents' divorce, including coping with feelings and adjusting to stepfamilies.

Child abuse cases and problems created by breakdowns in family relationships have highlighted the need for sound techniques for communicating with children. As a result, there is renewed interest in the therapeutic use of play to help prevent or repair emotional damage in both children and their families. The Handbook of Play Therapy is a comprehensive introduction to the theory and practice of play therapy. It

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provides a practical guide to the basic skills necessary to begin tapping the healing potential of play and gives many examples of good practice.

LET'S TALK ABOUT STEPFAMILIES.

Life Under Siege III

The 5 Love Languages and Becoming Stepfamily Smart

A Practitioner's Guide to Psychoeducation and Management

Blended Family Advice

Parenting in Stepfamilies

Based on a landmark longitudinal study, the nation's leading expert on stepfamilies reveals his breakthrough findings and offers the first detailed guide to easing the conflicts of

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stepfamily life and healing the scars of divorce. There are more than twenty million stepfamilies in America. For most of them, the simple, daily issues that challenge every family are even more anxiety-provoking. After conducting a comprehensive nine-year-long study funded by the National Institutes of Health, Dr. James H. Bray has written an invaluable book that explains why over half of all stepfamilies fail and reveals the strategies that help the others succeed. A stepfamily is assaulted on all sides by difficult and often divisive questions. How much control should a stepparent have over a

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stepchild? How much authority should a nonresidential parent exert over a child? How should a difficult former spouse be handled? How does an "ours" baby change the emotional dynamic in a stepfamily? Why is there a lack of "honeymoon effect" during the first years of stepfamily life? The purpose of Stepfamilies is to answer all the important questions of stepfamily life--to fill in the knowledge gaps that undermine so many stepfamilies today and, crucially, to learn the effect of stepfamily life on children. Based on one of the largest and longest studies of stepfamily life ever conducted, Stepfamilies

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interweaves the stories of real families to illustrate such study findings as how: a stepfamily has its own natural life cycle a stepfamily takes several years to develop into a family unit a stepfamily is at greatest risk during the first two years a stepfamily ultimately coalesces into one of three forms a stepfamily must solve four basic tasks in order to succeed a stepfamily can help heal the scars of divorce Filled with emotional, gripping stories, Bray's findings pinpoint the three major transitions in stepfamily life and identify the riskiest issues that can throw a family into crisis. Bray is the

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first to identify the several distinct forms that stepfamilies take and to explore which types of stepfamilies are more vulnerable than others and why. He also describes the natural life cycle of stepfamilies and basic tasks all stepfamilies must undertake to succeed. With a wealth of insight into the positive effects of remarriage, Bray shows how a loving, well-functioning stepfamily can lessen the trauma of divorce and restore a child's and family's sense of security. Most stepparents remarry with the highest hopes and new resolutions for a better life. Never before have their unique needs been

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addressed in depth. Through insightful case studies and practical advice, Stepfamilies reveals how a strong, stable stepfamily is as capable as a nuclear family of nurturing healthy development, of imbuing values, of setting limits and boundaries, and of providing a structure in which rules for living a moral and productive life are transmitted, tested, rebelled against, and ultimately affirmed. Bray's positive message and fascinating findings--many of which defy intuition--will put stepfamilies on the road to lifelong harmony. Delivering inspiration and "parenting comedy at

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its finest,"* here is one woman's story of ditching her fairytale dreams and falling in love with her unpredictable, chaotic, imperfect life Kristina Kuzmic has made herself a household name, speaking directly to mothers from the trenches of parenthood via her viral videos and social media presence. She is now bringing her message of self-acceptance, resilience, and joy to book readers. With a refreshingly unpretentious, funny, and galvanizing voice, Kuzmic goes behind the scenes to reveal how she went from broke and defeated to unshakably grounded and brimming with thankfulness.

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Illuminating the hard-won wisdom from a life always spent one step behind--whether it was as a high school student new to America, a suddenly single mother to two kids, remarried and juggling two teens and a toddler, or the unexpected recipient of Oprah's attention and investment--Hold On, But Don't Hold Still is the book every mother needs to reassure her that she's not only fine just as she is, but that she already has more tools and support than she can possibly imagine. Sparkling with wit, this heartfelt memoir is like a long coffee date with a best friend, or the eleventh-hour text message

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that gives you just the boost you need to get through the night. *The Huffington Post A VIKING LIFE TITLE

Features the parent's perspective, as well as the teen's, on issues including family, self-worth, money, God and more. Gives ideas to foster honest discussions between parents and teens. Nellie and her little brother Gus discuss all kinds of families during a day at the zoo and dinner at home with their relatives afterwards.

The Routledge Handbook of Family Communication

Read Two Books and Let's Talk Next Week

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Strategies for the Whole Family When a Parent Marries Later in Life

Relationships

Jessica's Two Families

Hold On, But Don't Hold Still

Describes and evaluates books and other resources on parenting, remarriage, and children for members of blended families

A guide for adult stepchildren whose parents are remarrying later in life addresses such topics as inheritance disputes, health-care issues, the impact of later-life marriages on grandchildren, and family celebrations. Originally published as *Step Wars*. Reprint. 12,500 first printing.

Fred Rogers ("Mister Rogers's Neighborhood") opens the door for

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stepfamilies to safely talk about their good and sometimes not-so-good feelings of their new families.

Let's Talk Relationships

All about Our Families

Blending Families

Hope and Humor from My Seriously Flawed Life

Let's Talk About the Birds and the Bees

The Best Resources to Help Blend Your Family