



The Intentional Family: Simple Rituals to Strengthen Family Ties

By William J. Doherty

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Today's family is in crisis. Many diverse factors have combined to weaken its structure in American society: the conflicting needs and schedules of dual working parents; the ongoing fragmentation of our civic, cultural, and religious communities; the prevalence of divorce and remarriage; the advent of technological distractions like video games and computers. What was once a strong, cohesive unit has become, in many cases, no more than a loose grouping of individuals with individual timetables and agendas. However, now more than ever before, we have the freedom to shape the kind of family we want, rather than an obligation to conform to inflexible concepts of what a family should be.

Nationally respected family therapist William J. Doherty believes that we can strengthen the ties that bind us together-and create new, more permanent ones in the process-through the use of family-specific everyday rituals. *The Intentional Family* -- a practical guide to avoiding conflicts and promoting understanding -- offers a myriad of simple yet effective methods for opening regular channels of communication between parents and their children, husbands and wives: from shared family meals and vacations, to regular "storytime," weekly drives, religious services, and monthly "spouse only" romantic dinners. Clearly presented and engagingly written, here are proven and indispensable strategies for reviving a lost sense of family -- useful guidelines that will help us make the most of our most important relationships.

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Editorial Review

Review

"Sensible...well-written...Doherty offers up actual tips that will help families connect". -- USA Today

"A home improvement manual for the modern family. The advice will build strong and loving families."-- Mary Pipher, bestselling author of *Reviving Ophelia*"A family, like a canoe, must be steered or paddled, or it won't take you where you want to go."-- William J. Doherty

From the Back Cover

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About the Author

William J. Doherty, Ph.D., is one of the leading family therapists in the country. He is a practicing therapist and Director of the Marriage and Family Therapy Program at the University of Minnesota. He lives in St. Paul, Minnesota.

Users Review

From reader reviews:

Brent Thompson:

This *The Intentional Family: Simple Rituals to Strengthen Family Ties* book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is definitely information inside this publication incredible fresh, you will get facts which is getting deeper you actually read a lot of information you will get. This particular *The Intentional Family: Simple Rituals to Strengthen Family Ties* without we realize teach the one who reading it become critical in imagining and analyzing. Don't always be worry *The Intentional Family: Simple Rituals to Strengthen Family Ties* can bring when you are and not make your carrier space or bookshelves' become full because you can have it within your lovely laptop even mobile phone. This *The Intentional Family: Simple Rituals to Strengthen Family Ties* having great arrangement in word as well as layout, so you will not feel uninterested in reading.

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Danica Johnson:

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