



The Secrets of Happy Families: Eight Keys to Building a Lifetime of Connection and Contentment

By Scott Haltzman

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Proven ways to create a more loving family

Research proves that happy families are good for health, longevity, peace of mind, productivity, and success. In *The Secrets of Happy Families*, Scott Haltzman offers an original approach to building family contentment that works for families of all ethnicities and make-ups—two-parent, single-parent, blended, childless, or same-sex couple. He provides a "positive psychology" way of solving family problems through strategy and leadership, including knowing and accepting who you are, taking a leadership role in loving and united relationships, building a network of support in extended families and communities, and making quality time for fun, adventures, holidays, and rituals.

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The Secrets of Happy Families: Eight Keys to Building a Lifetime of Connection and Contentment By Scott Haltzman Bibliography

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Editorial Review

From the Inside Flap

Living in a happy family is good for your health, longevity, productivity, and success. Written by best-selling author Dr. Scott Haltzman, *The Secrets of Happy Families* is filled with smart, wise, and often humorous tips for families who want a healthy and harmonious home life in good times and tough times.

The Secrets of Happy Families is based on the groundbreaking results of a survey of 1,266 men and women who reveal their family secrets on topics from sex to childcare. Dr. Haltzman interweaves cutting-edge research and examples from his own clinical practice to arrive at easy-to-apply strategies that can boost the happiness in any family:

Stick Together—Know your core values and work together to set a course for happiness that includes everyone in the home.

Commit and Communicate—Children feel more secure when they know that parents are committed to stay together. Using good communication seals the deal!

Lean—You don't have to do it all on your own. Reaching out to others makes you and your family sturdier and steadier.

Teach to and Learn from Children—Parenting takes patience, but while you're teaching your children, they're teaching you!

Blend—Grouping and regrouping with step-, adopted, and foster families isn't always smooth, but the process can enrich everyone involved.

Handle Conflict—Knowing how to master conflict can lead to a more cohesive family.

Bounce—Healthy families know how to rebound from adversity and grow stronger in the process.

Breathe—Making time for fun, adventure, and rituals sets the stage for a loving family over a lifetime.

The Secrets of Happy Families will be the book your family turns to again and again for raising healthy children, solving everyday crises, creating a stable loving home, and building positive memories.

From the Back Cover

"This is a wonderful book. I recommend it to all families as required reading."

—**Harville Hendrix**, Ph.D. author, *Getting the Love You Want and Giving the Love That Heals: A Guide for Parents*

"This is a beautiful book—timely, passionate, and powerful. It is also so well written, it's a page-turner and you'll find wealth of insight on every page. If you have specific questions about how to make family love last, this book has practical answers."

—**Michael Gurian**, author, *The Minds of Boys and The Wonder of Girls*

"Scott Haltzman's writing is so engaging, it's the kind of book you pick up in a bookstore and find yourself still reading a half hour later. Inspiring and enlightening, it is filled with fascinating facts, educational anecdotes, and wise advice that you will remember, use, and repeat to others, even years from now. Don't miss this outpouring of love from a seasoned writer and psychiatrist."

—**Susan Page**, author, *Why Talking Is Not Enough and If I'm So Wonderful, Why Am I Still Single?*

"Few well-written and easily read books treat us to solid research, a wide range of thoughtful quotes, and the author's real-life experience on perhaps life's most important subject: creating a happy family. This book does it all!"

—**Warren Farrell**, Ph.D. author, *Women Can't Hear What Men Don't Say and Why Men Are the Way They Are*

"Haltzman's latest entry into the 'advice to families' genre is a gem. Grounded in solid family research and his own survey of families, Haltzman offers sound, practical, and compassionate advice for families. His recognition of the diversity of contemporary families is one of the great strengths of this book. The accessible style is sure to please a wide range of readers from parents to family professionals."

—**Ross D. Parke**, Ph.D. Distinguished Professor of Psychology, Emeritus, University of California, Riverside; and past president, Society for Research in Child Development

About the Author

Dr. Scott Haltzman is clinical assistant professor of psychiatry and human behavior at Alpert Medical School of Brown University and editor of DrScott.com. He is the coauthor of the best-selling books *The Secrets of Happily Married Men* and *The Secrets of Happily Married Women*.

Theresa Foy DiGeronimo is the author of more than fifty books in the fields of medicine, education, and parenting.

Users Review

From reader reviews:

Jennifer Galaviz:

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Sherry Francis:

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