

The Family Virtues Guide: Simple Ways to Bring Out the Best in Our Children and Ourselves

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Bring compassion, generosity, and kindness into your home with this essential interfaith parenting guide to raising kids in a virtuous and spiritual household, with week-by-week strategies for living your best lives.

The most important job parents have is to pass basic virtues on to their children, and this invaluable book is designed to help make that job a little easier. Compiled by The Virtues Project, an international organization dedicated to inspiring spiritual growth in young and old alike, this multicultural, interfaith handbook shows parents and teachers how to turn words into actions and ideals into realities.

Drawn from the world's religions, the 52 virtues included here—one for each week of the year—nurture togetherness in family life. The simple strategies, which explain what a virtue is, how to practice it, and signs of success, will engage children of all ages in an exciting process of growth and discovery. This important book shows you how to:

- ❑ Learn the language of integrity and self-esteem
- ❑ Understand the five roles parents play
- ❑ Discover ways to introduce sacred time into family life
- ❑ Help children make moral choices

The Family Virtues Guide gives adults and children the tools for spiritual and moral growth. Join the thousands of families discovering simple practices for bringing out the best in each other by sharing The Family Virtues Guide.

When you witness a small child haul off and smack another child unprovoked, the theory of innate morality seems to lose all validity. Moral education has always been the domain of religion, and Linda Kavelin Popov has culled 52 universal virtues from the world's religions, one for each week of the year. The resulting Family Values Guide is a workbook for the moral education of children that transcends differences of religion or culture. Each week, the book suggests, a family should gather to discuss a different virtue from the book, such as love, generosity, or patience, and the parents then emphasize the virtue for the following days, capitalizing on appropriate moments for education. Contrary to some pop psychology authors, Popov insists that reasonable boundaries be established and maintained for children and that appropriate punishment be meted out when boundaries are crossed. Psychotherapist and president of the Family Values Project, Popov sees the language of values as the key to recognizing their importance in social interaction, and encourages parents to add other values to their own list. The most important job parents have is to pass basic virtues on to their children, and this invaluable book is designed to help make that job a little easier. Compiled by The Virtues Project, an international organization dedicated to inspiring spiritual growth in young and old alike, this multicultural, interfaith handbook shows parents and teachers how to turn words into actions and ideals into realities. Drawn from the world's religions, the 52 virtues included here - one for each week of the year - nurture togetherness in family life. The simple strategies, which explain what a virtue is, how to practice it, and signs of success, will engage children of all ages in an exciting process of growth and discovery. This important book shows you how to learn the language of integrity and self-esteem, understand the five roles parents play, discover ways to introduce sacred time into family life, and help children make moral choices. The

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