

Metropolitan Marriage & Family Therapy, PLLC

Succeed at Your Relationship and Your Life!

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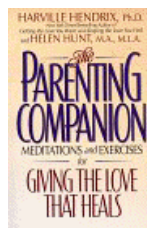
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These are books you need to purchase to complement the work we'll be doing together:



**Giving the Love That Heals:
A Guide for Parents**
By Harville Hendrix and
Helen Hunt

The authors bring us to a new understanding of the most profound love of all -- by helping parents nurture their own development as they encourage emotional wholeness in their children. This groundbreaking book offers a unique opportunity for personal transformation: by resolving issues that originated in our own childhood, we can achieve a conscious, and thus healthier, relationship with our children, regardless of their age. With other practical, insightful approaches that can powerfully shape the parent-child bond, *Giving the Love that Heals* gives us the keys to helping our children to become healthy, responsible, and caring people.



**Parenting Companion:
Meditation and Exercises**

By Harville Hendrix and Helen Hunt

Harville Hendrix and his wife, Helen Hunt, brought their relationship expertise to *Giving the Love That Heals*, the acclaimed parenting guide with a groundbreaking premise: by healing past wounds to their own psyches, parents can nurture and encourage emotional wholeness in their children. Now, with this wonderful companion volume, you can achieve personal transformations that will enrich the life you share with your children, regardless of their age.

Here are practical, hands-on exercises and affirmations that make the insights of *Giving the Love That Heals* a day-to-day reality. As you learn more about yourself and your own upbringing, you'll:

RESOLVE the "cycle of wounding" -- the handing-down of emotional wounds from parent to child
DISCOVER how the unconscious mind guides your search for a life partner
STRENGTHEN the parent-child bond for a lifetime
UNDERSTAND the influences that internally shape how you interact with your child
GIVE your child a sense of assurance as you present a model of your own healed self

You may purchase these through our site:
<http://www.metrorelationship.com/>