



The Parenting Companion: Meditations and Exercises For Giving the Love That Heals

Harville Hendrix

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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:

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Fulfilling the powerful vision of whole, healthy relationships began in "Getting the Love You Want" and "Keeping the Love You Find," Harville Hendrix and Helen Hunt come full circle with "Giving the Love That Heals," and with this step-by-step companion.

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