



The Secrets of Happy Families: Improve Your Mornings, Rethink Family Dinner, Fight Smarter, Go Out and Play, and Much More

Bruce Feiler

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In *The Secrets of Happy Families*, *New York Times* bestselling author Bruce Feiler has drawn up a blueprint for modern families — a new approach to family dynamics, inspired by cutting-edge techniques gathered from experts in the disciplines of science, business, sports, and the military.

The result is a funny and thought-provoking playbook for contemporary families, with more than 200 useful strategies, including: the right way to have family dinner, what your mother never told you about sex (but should have), and why you should always have two women present in difficult conversations...

Timely, compassionate, and filled with practical tips and wise advice, Bruce Feiler's *The Secrets of Happy Families: Improve Your Mornings, Rethink Family Dinner, Fight Smarter, Go Out and Play, and Much More* should be required reading for all parents.

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