



The Intentional Family: How to Build Family Ties in Our Modern World

William J. Doherty

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Drawing upon his successful practice and research, William Doherty shows us how to fight entropy at home and in our communities. He offers a practical guide that will help all families to keep open channels of communication, sustain regular involvement with others, and manage conflict. Real-life case studies combined with Doherty's personal experience of family life are used throughout the book to illustrate the best ways to approach daily routines as well as special events like holidays. By carefully cultivating the rituals of connection that bring us together - from family dinners to vacations, from volunteer work to attending religious services, from weekly drives with a teenager to monthly dinners alone with a spouse - every family can become what Doherty calls an Intentional Family.

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