

The Shelter of Each Other by Mary Piper (1996)

Freud said a healthy human is one who can love & work. When we have a common enemy, such as earthquake or war, citizens are more united. Ethics, rather than laws, determine most of our behaviors. Families must build rituals, beliefs & values (define right & wrong). What's important isn't happiness, but to spend time properly, do the right things & be useful. She encourages dysfunctional families to **watch less TV & spend more time together outdoors & playing board games.**

The Greek root of the word "nostalgia" means the return of home. Asian children respect their parents & their media doesn't contradict that. It's not the stress, but what we do with it that matters (do we give up or work harder?). We must balance between setting children's goals too easy (no drive) & too hard (frustration). The purpose of influence is to create moral people. We should nurture family relations because the support is for a lifetime.

People's emotions are part of life – good & bad, joy & sorrow, etc. Happiness comes from a sense of contributing to the well-being of the community. Making wise moral choices (character) is the most direct route to true happiness. One of the greatest gifts a parent can give a child is to teach them how to work. Kids of rich parents have trouble structuring their lives (lack of need to work). **Volunteering helps kids be less self-centered (working with old people is a double blessing).**

Strong families create memories & bonds through activities, appreciation, open communication, time together & commitment. Discuss disagreements quietly & kindly. The more energy we put into a meaningful celebration, the more powerful it becomes. Family photos & videos are the most cherished possession.

Quotes: "It is in the shelter of each other that people live." (Irish Proverb)

"People cannot be whole & healthy unless they connect their lives to something larger than their own personal happiness."

"There is no direct connection between convenience & happiness." (Dr. Suzuki)

"It's our job to make people unhappy with what they have." (businessman B. Puckett)

"We have met the enemy & it is us." (Pogo)

"Our theories determine what we observe." (Einstein)

"Education is teaching children to find pleasure in the right things." (Plato)

"Life consists of what a person is thinking about all day." (Emerson)

Books: Secrets of a strong family (Stinnett & DeFrain) & Victor Frankl's book