



The Blessing

Gary Smalley, John Trent

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Brian spent a lifetime seeking his father's approval. His father wanted him to be the best and the brightest, and Brian tried - desperately! When his father lay dying, Brian rushed to his bedside to plead one last time, "Please say you love me, please!"

We all have a powerful need to know that someone in this world loves us and accepts us unconditionally. We especially crave our parents' blessing, and without it, we may become angry and driven, or detached and empty. We may also feel this hurtful lack between brothers and sisters, husbands and wives, or even within our religious congregation.

Now family counselors Gary Smalley and John Trent, Ph.D., show us how we can transform our lives - even when it is no longer possible to receive our parents' blessing. They reveal the five key elements of the blessing, describe the most common home situations where a blessing has been denied (one of them may be ours), and offer practical, effective methods to heal broken hearts and families. Most important, they explain how we can be a blessing, and pass on that life-changing gift to our love ones.

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