

# Holiday Gifts Your Family Will Thank You For



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*Family Relationship Books Make Perfect Holiday Gifts This Season*

(Irvine, CA) December 01, 2009 – YourFamilyConstitution.com, a family relationship resource haven designed to help struggling families implement clarity, consistency and commitment in their homes, offers peace of mind this holiday season with best-selling book *Your Family Constitution: A Modern Approach to Family Values & Household Structure*.

Author Scott Gale, leverages his personal experiences with the highs and lows of parenting to develop a powerful tool that helps families deal with the daily challenges, utilizing what he calls the 3Cs- clarity, consistency and commitment. *Your Family Constitution* provides a step-by-step solutions that parents can follow to improve family communication, increase quality family time and reduce household tension.

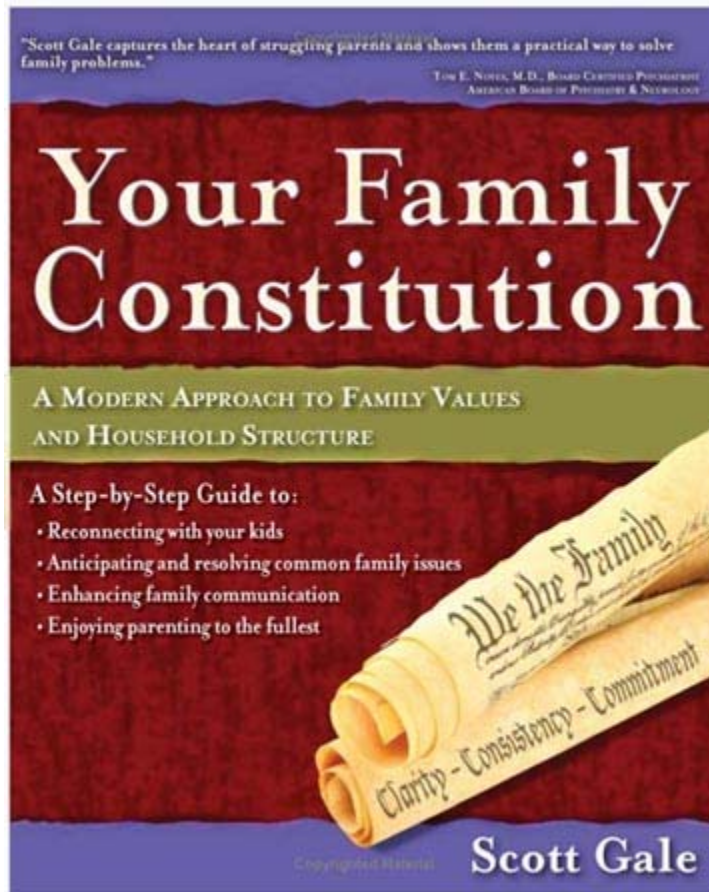


The holidays are known for being a time of reflection, togetherness and, in most cases, added stress, strain and conflict. The pressures of shopping, festivities and gatherings can be enough to drive the tension level to the extremes; however, with the tips, tools and resources laid out in *Your Family Constitution*, readers can journey through

introspective learning and reflection, identification and prioritization of household issues, and finally, implementation of boundaries and structure that leaves family members feeling more calm, connected and at peace.

With refreshing honesty and frankness, Scott Gale shares his experiences and helps parents identify the core issues within their own family dynamics. "The goal of this book was to provide parents a step-by-step approach to enhance and reconnect the family structure," said

Scott Gale, author of *Your Family Constitution*.



In this book, parents will learn how to determine which important traits they most want to pass on to their children...and how to effectively transfer those qualities in a fun and meaningful way. Readers can take an in-depth and personal look at the 3C's (clarity, consistency and commitment) that every family needs to run smoothly.

Gale's Family Constitution is a familial contract created by all members of the family, assuring a high level of ownership and

commitment. It helps keep modern technological and cultural obstacles from impeding parents' ability to raise hard-working, balanced and appreciative kids. The long term benefits of this book put it at the top of holiday gift ideas. For more benefits of this and other family relationship books, please visit <http://www.yourfamilyconstitution.com/book> for more information.

**About Your Family Constitution:**  
*Your Family Constitution* is a common-sense playbook to reaching

family harmony. The principles and tools developed by author Scott Gale to improve his own family relationships, can be applied by today's parents who routinely juggle "bowling balls" (the weighty needs of career, family, marriage and themselves). *Your Family Constitution* provides a fun, healthy model for family structure, togetherness and growth, which enables families to create more quality time by minimizing destructive behaviors. Stop listening to well-intentioned parenting advice and reading countless family help books and create Your (own) Family Constitution today. For more information or to contact the author for interviews and speaking engagements, please visit [www.yourfamilyconstitution.com](http://www.yourfamilyconstitution.com).

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