The Secrets of Happy Families

by Bruce Feiler

Read by Bruce Feiler

An informative and compelling guide for families to enrich their home life in our age of distraction

Bestselling author and New York Times family columnist Bruce Feiler found himself squeezed between caring for aging parents and raising his children. So he set out on a three-year journey to find the smartest solutions and the most cutting-edge research about families. Instead of the usual family "experts," he sought out the most creative minds - from Silicon Valley to the set of Modern Family, from the country's top negotiators to the Green Berets - and asked them what team-building exercises and problem-solving techniques they use with their families. Feiler then tested these ideas with his wife and kids. The result is a fun, original look at how families can draw closer together, complete with two hundred never-before-seen best practices. Feiler's life-changing discoveries include a radical plan to reshape your family in twenty minutes a week, Warren Buffett's guide for setting an allowance, and the Harvard handbook for resolving conflict. The Secrets of Happy Families is a timely, counterintuitive book that answers the questions countless parents are asking: How do we manage the chaos of our lives? How do we teach our kids values? How do we make our family happier?

Bruce Feiler writes a column on contemporary family life for the New York Times and is the author of five consecutive New York Times bestsellers, including Walking the Bible and The Council of Dads. The host of several PBS series, he is a frequent contributor to ABC, NBC, CBS, NPR, and other media. He lives in Brooklyn with his wife, Linda Rottenberg, and their twin daughters.