

Contents

Acknowledgments	vii
Introduction	1
Chapter 1 What Is a Family?	7
Chapter 2 What Is Happiness?	19
Secret 1 Happy Families . . . Stick Together	28
Secret 2 Happy Families . . . Commit and Communicate	57
Secret 3 Happy Families . . . Lean	80
Secret 4 Happy Families . . . Teach to and Learn from Children	100
Secret 5 Happy Families . . . Blend	131
Secret 6 Happy Families . . . Handle Conflict	155
Secret 7 Happy Families . . . Bounce	183
Secret 8 Happy Families . . . Breathe	206
Epilogue: Happy Families . . . Evolve	227
Appendix: Aggregate Results of the Happy Family Survey	231
Notes	243
About the Authors	251
Index	253