

New Book Helps Families Reduce Stress, Create More Quality Time

Your Family Constitution: A Modern Approach to Family Values & Household Structure is a Back-to-School Must Read

September 10, 2009 (FPRC) -- Amidst the flurry of back-to-school activities, families brace for a return to discipline and order, signaling the end of summer. As parents adjust to their new fall routines, scores of competing obligations and responsibilities highlight the difficulty of raising well-grounded kids with good core values. Combine this perpetual struggle with the effects of technological distractions, societal lack of discipline, and communication breakdowns, and it is not hard to understand why so many parents throw up their hands in defeat and accept mere survival.

“For many families, the stark contrast of transitioning from a lazy summer to a hectic school year is often met with resistance,” said Scott Gale, author of *Your Family Constitution*. “But folks at their wits end needn’t revert to survival parenting. Instead, they can initiate a series of steps designed to help families let go of chaos, establish healthier boundaries and achieve a more harmonious family life.”

Author Scott Gale, who refused to settle for survival, has designed a powerful tool that allowed him to alleviate family challenges through the thoughtful application of clarity, consistency and commitment (the “3Cs”). *Your Family Constitution* tells his story and provides a step-by-step process that parents can follow to improve family communication, reduce household tension, and improve the time family members spend together.

Your Family Constitution guides readers through a personalized journey of introspection, visioning, household observation, prioritization, and ultimately the creation of manageable boundaries coupled with consistent rewards and consequences. The product of their labor is a Family Constitution – a clear and consistent set of rules customized to the needs and circumstances of their household.

In a non-judgmental, conversational read, author Scott Gale outlines the steps to improve communication, relieve tension among family members and reduce frustration. *Your 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, appreciative kids.

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.

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