



My Family, My Self: The Latino Guide to Emotional Well-Being, (Mi Familia y yo: Guía de Bienestar Emocional)

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Latinos immigrating into the United States bring with them their rich, unique cultural values and practices, with one constant being the celebration of and reliance on family. Family members find strength and support in the well defined roles and expectations passed down over many generations. This can provide a safe haven for individuals finding their way in the fast paced, competitive American culture where, in addition to the language barriers, different attitudes toward personal issues like dating and relationships, alcohol and drug use, parenting, and the role of elders can cause conflict and confusion and threaten the stability of family life.

For over thirty years, the professionals at CLUES have worked with Latinos and their families to provide support and guidance in navigating the many psychological, social, and cultural challenges they face in adapting to their new environment. In this book, experts from different disciplines across this nationally recognized organization, share their practical wisdom--a combination of cultural sensitivity and knowledge and current behavioral health expertise--to produce a friendly, accessible guide to emotional health for Latinos. With a focus on family throughout, including success stories from a variety of Latino families, readers will find useful and inspiring information on:

Understanding the importance of emotions, intimacy and communication in personal relationships

Finding strength in cultural and family traditions as roles and expectations change

Key stages of life issues such as parenting, gender identity, and aging

Avoiding alcohol and drug abuse and getting help should this become a problem

Contributing to family and society through work and career, education, and developing financial stability

The importance of spirituality and moral values in maintaining a sense of personal and family well-being

Selected key passages are bi-lingual.

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Mary Deleon:

The particular book My Family, My Self: The Latino Guide to Emotional Well-Being, (Mi Familia y yo: Guía de Bienestar Emocional) will bring you to definitely the new experience of reading any book. The author style to explain the idea is very unique. In the event you try to find new book to study, this book very ideal to you. The book My Family, My Self: The Latino Guide to Emotional Well-Being, (Mi Familia y yo: Guía de Bienestar Emocional) is much recommended to you to study. You can also get the e-book from the official web site, so you can more readily to read the book.

Arthur Daniel:

A lot of people always spent their free time to vacation or perhaps go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity that's look different you can read the book. It is really fun for you. If you enjoy the book which you read you can spent all day every day to reading a publication. The book My Family, My Self: The Latino Guide to Emotional Well-Being, (Mi Familia y yo: Guía de Bienestar Emocional) it is extremely good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. In case you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore easily to read this book from the smart phone. The price is not too costly but this book features high quality.

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Gary Lewis:

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that writer make usage of to explain it is easy to understand. The writer made some research when he makes this book. This is why this book appropriate all of you.

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