

Siempre Contigo



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著者:Foster, Brooke Lea

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Hace cuarenta o cincuenta años, el padre contaba poco en el ámbito doméstico. La madre llevaba a los niños al colegio, los ayudaba con los deberes, los educaba, hacía la compra. Hoy, en cambio, se espera que los padres estén involucrados en la vida doméstica, que expresen sus sentimientos, que concilien trabajo y familia: que sean superpapas. Ellos se esfuerzan más que nunca e intentan compartir la crianza a partes iguales, pero, bien porque no saben cómo desarrollar las habilidades necesarias, bien porque la presión laboral se lo impide, la paternidad a menudo se les resiste. Neil I. Bernstein, con más de treinta años de experiencia en terapia familiar, expone por primera vez los retos a los que se enfrentan los hombres de hoy y propone el primer programa de automejora específico para el sector masculino: tareas concretas para que los padres se comprometan más en la vida de sus hijos y se conviertan en el modelo paterno que siempre han aspirado a ser. / Men want to be better fathers, and today they're trying harder than ever. They jog behind strollers, leave work early for parent-teacher conferences, and roughhouse with their kids before they've had a chance to change out of their suits. But many men aren't building the relationships with their sons that they'd hoped for. And sons are finding it hard to confide in fathers who must devote so much of their time to building careers that both keep them from their families and keep their families comfortable. Many fathers admit that they don't have a clue what's going on in their sons' lives, from ball game schedules to online communities to fears and anxieties about school, friends, and relationships. Fathers often walk around burdened with guilt, worried they're just not able to do the right thing, even though they're trying to be equal partners in parenting with their wives. *There When He Needs You* is the first book to tell the truth about the challenges that fathers of sons face today -- including the intergenerational legacies of self-doubt that they anxiously carry from themselves having had distant, unavailable fathers. A self-treatment program as well as a psychological X-ray of today's father, *There When He Needs You* shows you how to create and strengthen a real, meaningful bond with your son. Through real-life stories of real-life dads who have lost and found their way, you as a father will learn to reorder your priorities, express yourself more openly, connect with your loved ones, and become the role model that your son needs.

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