

I Still Love You: Nine Things Troubled Kids Need from Their Parents

Michael Ungar

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I Still Love You: Nine Things Troubled Kids Need from Their Parents Michael Ungar Therapist Michael Ungar uses the struggles of three families and his own history to help the parents of difficult children.

Family therapist Michael Ungar, internationally renowned for his work on child and youth resilience, takes us into his world each Wednesday, when he meets with three families with very troubled children. Here, Michael shares a side of himself that is not the all-knowing therapist: he too was a troubled teen, growing up in an emotionally and physically abusive home.

In the book, Michael shares nine things that all troubled kids need from their parents that will help them turn their lives around and flourish:

- Structure
- Consequences
- Parent-child connections
- Lots of peer and adult relationships
- A powerful identity
- A sense of control
- A sense of belonging, spirituality, and life purpose
- Fair and just treatment by others
- · Safety and support

Hopeful in tone, and using knowledge gathered from Michael's work around the world, *I Still Love You* shows that it is never too late to help our children change and reconnect with those who will always love them.



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Jonathan Scott:

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