



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 bilingual.

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James Williamson:

The book My Family, My Self: The Latino Guide to Emotional Well-Being, (Mi Familia y yo: Guía de Bienestar Emocional) can give more knowledge and information about everything you want. Exactly why must we leave the good thing like a book My Family, My Self: The Latino Guide to Emotional Well-Being, (Mi Familia y yo: Guía de Bienestar Emocional)? A few of you have a different opinion about reserve. But one aim that book can give many details for us. It is absolutely proper. Right now, try to closer with the book. Knowledge or details that you take for that, you may give for each other; you can share all of these. Book My Family, My Self: The Latino Guide to Emotional Well-Being, (Mi Familia y yo: Guía de Bienestar Emocional) has simple shape however, you know: it has great and massive function for you. You can look the enormous world by available and read a reserve. So it is very wonderful.

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