



# **Family: The Good "F" Word: The Life-Changing Action Plan for Building Your Best Family**

*Troy Dunn*

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# Family: The Good "F" Word: The Life-Changing Action Plan for Building Your Best Family

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**Family: The Good "F" Word: The Life-Changing Action Plan for Building Your Best Family** Troy Dunn

Troy Dunn shares his tested and proven tools for repairing a broken family. He believes that whether you are just feeling a little stagnant in your home life or are already at your wit's end, there are clear steps to restore joy, connectedness and unity within your family or partnerships. This book focuses on recognizing both personal and family needs, how to break old patterns to improve individual happiness, as well as happiness within a partnership and within the family unit as a whole. Dunn explains that although we can't necessarily fix our given family, we owe it to ourselves to fix the family we have or are founding. His Life Changing Action Plan (LCA) includes four steps to determine what is wrong with your relationship, embrace the idea of change in a long-lasting way, repair damage and rebuild one's marriage or relationship, and provide empowerment and tools to permanently stabilize a family. Also dissected, diagnosed and given rules for remedy are 10 Relationship Roadblocks, including the biggest taboos of all: money and sex! This is a wake-up call for anyone who needs a little or larger dose of relationship remedy.

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