



# **Your Child, Your Mirror: A Book For Brave Parents**

*Martha Alicia Chávez*

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In the relationship between parents and children there is a "hidden hand " consisting of a variety of facets of the life of the parents, projected unconsciously in the lives of children of all ages manner; projections that are unknown and refuse. Parents project onto our children our own expectations of life, our frustrations , our stages of childhood or adolescence where we left unresolved conflicts, our " would " and our own unmet needs , unconsciously hoping that they become an extension of us same and close our unfinished business . Meet the "hidden hand " of our relationship, understand why that child , specifically that we take our boxes so easy , why we dislike , why is it so hard to love him , why we are committed to change , why pressed with such insistence to do or not do , it opens the door to the possibility of a profound change in the relationship with them. Behind most of the problems between parents and children is the shadow of those unconscious projections and while we do not see , can hardly find real , deep and permanent solutions , because even when we carry out changes in behavior , relationships and communication the shadow of the "hidden hand " continue polluting and overshadowing the attempted solutions . The realization helps transform feelings of rejection , anger and consequent guilt, which can be devastating , facilitating the transition to the only feeling healthy , unites and transforms : love. In the first eleven of the twelve chapters that make up this book , I discuss each of the different facets of these projections , supporting with cases that clarify the above . In the last chapter I propose alternatives and tools that will serve as a guide for everyone to start their own exploration and its own change process , if you choose to. We live in a world with many problems and substance of them there is a huge lack of love . If you want to contribute something important to society and further , the world in which we live , let us offer beloved children , we will be offering honest , productive , happy , happy people. Martha Alicia Chavez

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