



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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