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# Keys to Happy Family Living Overview

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# Keys to Happy Family Living Overview

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*Keys to Happy Family Living* by Dr. Henry Brandt is written for anyone who desires to be the best marriage partner and the best parent possible. Happy, successful parenthood is based upon a successful partnership, which in turn requires two individuals who themselves are happy, contented, and adequate. The course is divided into three parts: *The Adequate Person*, *The Adequate Partner*, and *The Adequate Parent*. Each part contains four lessons for a total of twelve in the complete course.

The following is a brief description of each section, so that you will have an overall understanding of the content.

[Read the Instructions to make the most out of this study.](#)

## **Section I: The Adequate Person**

This section consists of four lessons that point the way to become such a person. Lessons 1 and 2 are entitled *Personal Peace*. Herein are included the factors that we believe are necessary for any person to have a sense of personal worth. These factors include proper speech, actions, desires, feelings, thoughts. Lesson 3 is entitled *Peace with Man*. Its theme suggests that, to be an adequate person, one must manifest proper outward behavior toward others as well as possess a wholesome inner reaction toward them. Lesson 4 is entitled *Steps to Spiritual Strength*. It contains a word map that points to the pathway which we believe you must take in order to find the inner resources that will lead you to find peace within.

1. [Personal Peace \(Part 1\)](#)
2. [Personal Peace \(Part 2\)](#)
3. [Peace with Others](#)
4. [Steps to Spiritual Strength](#)

## **Section II: The Adequate Partner**

It consists of four lessons. Lesson 5 is entitled *The Husband's Responsibilities*. Lesson 6 is entitled *The Wife's Responsibilities*. These lessons contain broad principles for each partner to live by in order to make a successful partnership.

Lesson 7, entitled *Walking Together in Unity*, describes the foundation for a sound partnership. Lesson 8, entitled *Keeping in Step by Communication*, gives the method for laying the foundation and building upon it the kind of marriage that is necessary for successful parenthood.

5. [The Husband's Responsibilities](#)

6. [The Wife's Responsibilities](#)

7. [Walking Together in Unity](#)

8. [Keeping in Step by Communication](#)

### **Section III: The Adequate Parent**

It also consists of four lessons. It is written to parents who have set before them the goal of personal peace and a united partnership. Lesson 9 is entitled *Training in Love*. It stresses the importance of the proper attitude toward your child. Lesson 10, entitled *Resistance to Training*, stresses ways and means of dealing with the resistance of children. Lesson 11 is entitled *Setting Limits*; it stresses the vital importance of establishing limits. Lesson 12, entitled *Supervision and Help*, points out the continuous need for supervision of children and help for children if they are to stay within your limits. It also gives helps which enable you to approach your children properly.

9. [Training in Love](#)

10. [Resistance to Training](#)

11. [Setting Limits](#)

12. [Supervision and Help](#)

[Appendices](#)