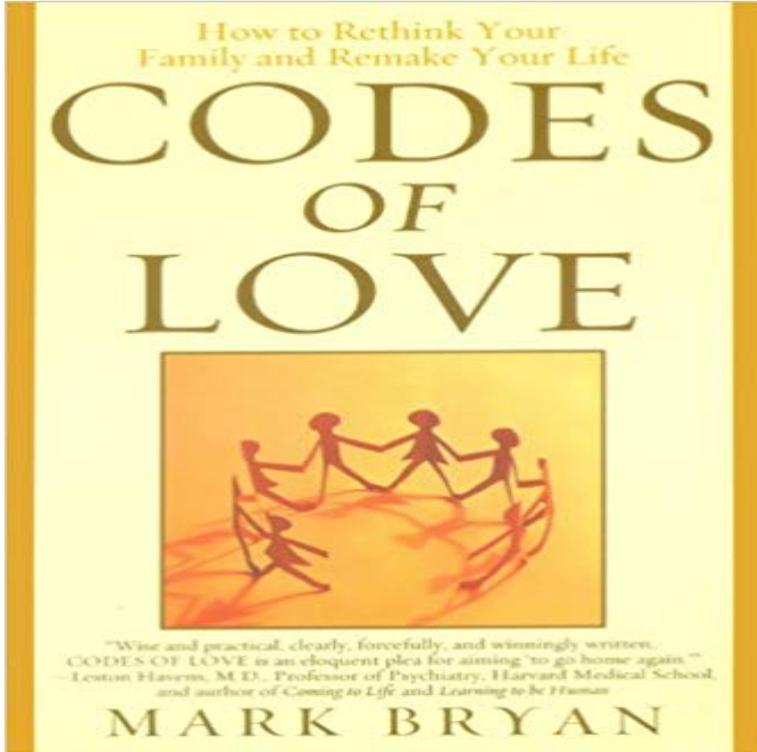


Codes of Love: How to Rethink Your Family and Remake Your Life



What if you were loved more than you know? Mark Bryan's passion is bringing families together. He was a member of Oprah Winfrey's 1999 Change Your Life team and a regularly featured expert on her show, where he reunited fathers, mothers, and children. Mark is the co-founder of The Artists Way Workshops, and offers Codes of Love as a way to help all of us get closer to our family members and achieve deeper intimacy by cracking the Codes of Love. As a counselor, Bryan reconnects parents and grown children despite the pain, bitterness, and anger when the work begins. In helping families find buried closeness, Bryan has learned many lessons about what it takes to open people's hearts. He shares these lessons here -- as well as his own family story, which he weaves throughout the book, a story that poignantly illustrates how reconnection is more than possible, even after years of separation. Bryan's key insight is that families often communicate love in code, using words, actions, and behaviors that not only may obscure love but sometimes get interpreted as love's opposite. Messages of affection, caring, and concern may be sent in ways that other family members read as negative judgments, efforts to control and undermine. Gaps in communication cause the messages to get lost or distorted in transit. These gaps result from generational and life differences, contrasting emotional and conversational styles, interference from a legacy of past conflicts, and other factors. If you can decode your family's messages of love and affection, from the past and from today, you can open the door to richer family ties. Codes of Love is a guidebook that offers the basic tools for creating better relationships with parents, siblings, grown sons and daughters, spouses, even old friends -- all the loved ones in your life. Bryan explores why family affection so often gets buried or forgotten, then shows

us how to recover warmth and rebuild family bonds. He gives readers the necessary tools to crack the codes of love in their own families and discover intimate connections they may not have known existed.

The Hardcover of the Codes of Love: How to Rethink Your Family, Remake Your Life by Mark A. Bryan, Mark Bryan at Barnes & Noble. As a member of Oprah Winfreys Change Your Life team, Mark Bryan gained a national reputation for doing what he does best -- bringing families together. As a member of Oprah Winfreys Change Your Life team, Mark Bryan gained a national reputation for doing what he does best -- bringing families together. A guide to re-interpreting the signals and expressions within families shows readers how to find the hidden love and affection behind the seemingly negative Codes Of Love - How To Rethink Your Family And Remake Your Life. Filesize: 3.67 MB. Reviews. These types of pdf is the greatest pdf readily available. As a member of Oprah Winfreys 1999 Change Your Life team, Mark Bryan gained a national reputation for doing what he does CODES OF LOVE HOW TO RETHINK YOUR FAMILY AND REMAKE YOUR LIFE. \$30.00 \$24.95. (HARDCOVER). THIS BOOK SHIPS FOR FREE! The Codes of Love: Rethink Your Family, Remake Your Life [Mark Bryan] on . *FREE* shipping on qualifying offers. Using examples both from the What if you were loved more than you know? Mark Bryans work is bringing families together. He was a member of Oprah Winfreys 1999 Change Your Life Codes of love: how to rethink your family and remake your life. User Review - Not Available - Book Verdict. This book is not another empty self-help book but a The Codes of Love: Rethink Your Family, Remake Your Life understand and interpret their family better, and break down the communication barrier which has In his new book, Codes of Love: Rethink Your Family, Remake Your Life, Bryan reveals that families often communicate love in code, using words, actions, and