



To Raise Happy Kids, Put Your Marriage First

David Code

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A Win-Win Approach to Marriage and Parenting

All parents want their children to be happy. But many couples today go too far, letting everything revolve around their kids. This hurts the children and the marriage. The good news is you don't have to choose between your spouse and your kids. Drawing from the latest research in neuroscience and his study of families around the world, David Code explains why putting your marriage first actually produces happier kids.

In this book you'll learn how confronting your anxiety liberates your children to establish their own identity, learn self-reliance, and become more confident adults. You'll also discover why you already married the perfect spouse, and why it's okay to have tough arguments. A good marriage sets a great example for your children's future relationships, and that's win-win for the whole family.

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