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HOW TO BUILD A HAPPY FAMILY

7 Steps to Renew, Bless and Heal Your Most Important Relationships!



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BO SANCHEZ

#1 National Bestselling Author of *Choose to Be Wealthy*

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How to Build a Happy Family

*7 Steps to Renew, Bless and Heal
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BO SANCHEZ

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Introduction

Your Happiness and Success Are Based on Your Relationships

The love of a family is life's greatest blessing.

— Author Unknown

Change Your Life by Changing Your Relationships

This book is in your hands not by any accident.

I believe God placed it there.

Because He knows how important relationships are in your life. He knows that if you change your relationships, you change your entire life.

Because if you squeeze out the essence of life, you realize that life is all about relationships. Your happiness, your success, your health and your dreams depend on relationships. Show me a person with very happy relationships and I'll show you a very happy person. Show me a person with miserable, dysfunctional relationships and I'll show you a very miserable person.

That is why I felt so excited writing this book for you.

I knew it would transform your life.

And the life of your family.

Why Only Now

For years, people have been asking me to write a book on family life. “Bo, we need it badly! Our friends need it badly!” they’d say.

But I felt it wasn’t the right time yet.

That is, until now.

Today, I feel I have the credibility.

I’m no longer speaking out of thin air. I’m not speaking from lofty theories but from my firsthand, face-to-face, belly-to-belly, nitty-gritty, daily grind of being married to my beautiful wife of 12 years and raising two of the greatest boys on the planet.

And what have I learned?

That family life is like pushing a luggage cart overflowing with three suitcases and four *balikbayan* boxes, complete with a squeaky left wheel, up a steep ramp in the old Manila International Airport. (Remember that one? I almost killed people there. I was moving down towards the parking lot. Soon, I no longer had control of my cargo. All my bags and boxes went tumbling down like rocks in a landslide. A poor nun in front of me almost went to heaven had she not jumped to the side in time.)

Friend, when it comes to your family, you need to keep pushing upwards. Every day! You need to renew your family life.

Resting is not an option. The weight is too much. Soon, gravity will pull it going down.

The gravity of selfishness. Indifference. Or just the sheer gamut of distractions around you.

Let me show you a better way.

Get a Porter

This book will teach you how to push upwards towards having a fantastic, wonderful, loving family.

Here's the good news: *You don't have to push alone.*

Soon, others in your family will push with you. As you change, in due time, they too will change.

And remember your porter beside you: God is pushing with you. He's committed to your family. He will make you strong. He will guide your way.

Dear friend, I offer you this book with my earnest prayer.

I declare great abundance and love and joy in your relationships.

I declare the very best blessings upon you and your family.

May your dreams come true,



Bo Sanchez

P.S. Bless Your Family! Get my audio and video course, *Relationship Reborn*, which was the basis of this book. This course has blessed thousands of families already. It's your turn. *Relationship Reborn* is now a powerful Seminar-in-

a-Box that will bless your life. Listen to it or watch it in the comforts of your home. I know it'll create miracles for you and your family. For more details, go to **www.RelationshipReborn.com** now.

PS2. Find an Ongoing Source for Your Spiritual Needs.

Get my FREE Soulfood Letter every week. Get also my FREE E-book, *How to Know If Your Dreams Are God's Dreams*. Log on to **www.BoSanchez.ph** now.

Key 1:

Renewal

***You Must Be Nourished by Love
Every Day***

*A successful marriage requires falling in love
many times, always with the same person.*

— Mignon McLaughlin

A friend is always a friend.

— Proverbs 17:17

Chapter 1

Our Deepest Hunger

The hunger for love is much more difficult to remove than the hunger for bread.

— Mother Teresa

Before the wedding of Felipe and Maria began, the groom spoke to the priest.

Felipe said, “Father, I’d appreciate that during the wedding vows, you’d omit the difficult parts.”

“What difficult parts?” the priest asked.

“You know, Father, the lines that say ‘*for better or for worse, for richer or poorer, in sickness and in health.*’ Just leave those lines out.”

Felipe then slipped a crisp P1,000 into the priest’s pocket and walked away, smiling.

During the wedding vows, the priest looked at Felipe and said, “Felipe, do you take Maria as your lawful wedded wife for better or for worse, for richer or poorer, in sickness and in health, serving her breakfast in bed every day, washing the dishes and doing the laundry every day, cleaning the house every day till death do you part?”

Felipe looked like a train ran over him. With a very weak voice, he croaked, “I do.”

After the wedding, Felipe walked up to the priest and asked, “Father, I thought we had a deal?”

The priest slipped back the P1,000 into Felipe's pocket and said, "Sorry, your new wife gave me P10,000."

I'm going to spill the beans here and tell you the first principle of building a happy family: *Relationships need renewal or they die.*

In fact, not only will the relationship die but a part of us will die, too. Why? *Because you have a heart wound that can only be healed by love — a love that can only be found in relationships.*

Have you ever seen a malnourished child?

I believe you have — you just didn't know he was malnourished.

Here's the problem: When you hear the word "malnourished," you automatically think of the starving kids in Africa you see in pictures. A child living in a famine-stricken desert that has absolutely nothing to eat.

But there's a second type.

The person could be your next-door neighbor. He doesn't look malnourished. He could even be fat. And yet, amazingly, he is malnourished.

Because he's eating the wrong type of food.

Let me stoke your imagination.

Let's say you love cotton candy.

And you decide you eat nothing else but cotton candy.

Cotton candy for breakfast, lunch and dinner.

What would happen to you?

Your hunger will disappear. You'll probably have lots of energy from the sugar. But over time, you'd be killing yourself. Because you'll be terribly malnourished.

Spiritual malnourishment is very similar.

If our bodies hunger for food, our hearts hunger for love.

Food is the fuel of the body. And love is the fuel of the soul.

Without food, our bodies die. And without love, our hearts die.

There are people today who feed “cotton candy” to their souls.

I want you to look at this list below.

What is common among these people?

Judy Garland (47)

Jimi Hendrix (27)

Janis Joplin (27)

Marilyn Monroe (36)

Elvis Presley (42)

River Phoenix (23)

John Belushi (33)

Heath Ledger (28)

Michael Jackson (50)

Two things are common among them.

First is that they’re all dead.

Second is that they all died of drug overdose.

Most of them were taking either illegal or prescription drugs for years.

Most of them had the world in the palm of their hands. They had everything — money, pleasure, fame, cars, homes and excitement. They had fans who would worship the dirt on their shoes. I remember four years ago, someone bought the used chewing gum of Britney Spears on eBay for \$514. (That’s P25,000 for someone’s spit.)

But that's not the love that will fill a human heart.
Again, that's like eating cotton candy the whole day.
Your heart won't get nourished.
Let me tell you why.