



# The Blessing

*John Trent, Gary Smalley*

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**Explains how the biblical gift of "the blessing" is the key to one's self-worth and emotional well-being.**

Every human needs the gift of "the blessing"—the unconditional love and approval that comes from a healthy relationship with one's parents. In this update to the best-selling classic *The Blessing*, coauthors John Trent and Gary Smalley offer a fresh perspective on this life-changing gift with solid, practical advice on how to be a blessing as well as how to insure that your parents, spouse, and children all feel the security of family approval.

*The Blessing* powerfully communicates biblical truths on how to instill self-worth and emotional well-being into others based on these five essential elements:

- Meaningful touch
- A spoken message
- Attaching high value
- Picturing a special future
- An active commitment

No matter the age, the approval of our parents affects how we view ourselves and how we relate to others. So what if we've missed it? The final chapters explain what happens to children who do and how they can learn to live apart from the blessing.

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