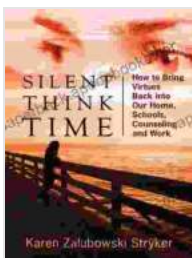


How to Bring Virtues Back Into Our Home Schools, Counseling, and Work: A Practical Guide for Nurturing Character in Children and Adults

In a world that often seems to value self-interest and instant gratification over kindness, compassion, and integrity, it's more important than ever to instill virtues in our children and ourselves. But how do we do that? How can we help our children develop the moral character they need to thrive in life?

In her book, "How To Bring Virtues Back Into Our Home Schools Counseling And Work", author and educator Dr. Mary Alice Redlich provides a practical guide for nurturing character in children and adults. Drawing on her years of experience as a homeschooling mother, counselor, and teacher, Dr. Redlich offers a wealth of insights and strategies for helping children develop the virtues they need to live happy, fulfilling, and successful lives.



Silent Think Time: How to Bring Virtues Back into Our Home, Schools, Counseling and Work

by Karen Zalubowski Stryker

★★★★★ 5 out of 5

Language : English
File size : 357 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 125 pages
Lending : Enabled
Screen Reader : Supported



The Importance of Virtues

Virtues are the positive character traits that help us live a good life. They include things like kindness, compassion, integrity, honesty, and courage. Virtues are important for our children because they help them to:

- Develop a strong moral compass
- Make good choices
- Build healthy relationships
- Cope with adversity
- Lead happy and fulfilling lives

Virtues are also important for adults. They help us to:

- Be more effective leaders
- Build stronger teams
- Resolve conflict peacefully
- Create a more positive and productive work environment
- Live more meaningful lives

How to Bring Virtues Back Into Our Home Schools

Dr. Redlich believes that the best way to teach virtues is to model them ourselves. Children learn by watching the adults in their lives, so it's important to make sure that we're setting a good example. We should also talk to our children about virtues, and explain why they're important.

In addition to modeling and talking about virtues, there are a number of other things we can do to help our children develop them. These include:

- Providing opportunities for our children to practice virtues. For example, we can encourage them to volunteer their time, or to help out with chores around the house.
- Praising our children when they exhibit virtues. This

helps them to understand that we value these traits. • Setting limits and consequences for our children when they don't exhibit virtues. This helps them to learn that there are consequences for bad behavior.

How to Bring Virtues Back Into Our Counseling

As counselors, we can help our clients to develop virtues by:

- Creating a safe and supportive environment where clients feel comfortable talking about their values and beliefs.
- Exploring the client's strengths and weaknesses, and helping them to identify areas where they can grow.
- Providing clients with opportunities to practice virtues in a safe and controlled environment.
- Encouraging clients to set goals for themselves and to track their progress.

How to Bring Virtues Back Into Our Work

We can also bring virtues back into our work by:

- Treating our colleagues with respect and compassion.
- Being honest and ethical in all of our dealings.
- Being willing to go the extra mile to help others.
- Taking pride in our work and doing it to the best of our ability.

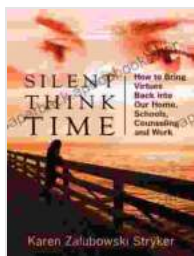
Virtues are essential for living a happy, fulfilling, and successful life. By modeling virtues, talking to our children about them, and providing opportunities for them to practice them, we can help our children to develop the moral character they need to thrive in life. As counselors and professionals, we can also help our clients and colleagues to develop virtues, creating a more positive and productive environment for everyone.

About the Author

Dr. Mary Alice Redlich is a homeschooling mother, counselor, and teacher with over 20 years of experience in the field of education. She is the author of several books on homeschooling and character education, including "How To Bring Virtues Back Into Our Home Schools Counseling And Work". Dr. Redlich is passionate about helping children and adults to develop the moral character they need to live happy, fulfilling, and successful lives.

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