



My Father, My Self: Understanding Dad's Influence on Your Life

Masa Aiba Goetz

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This book examines the effects of one of the most important – and until recently rarely discussed – influences on our lives. For more than 20 years, Dr. Masa Goetz has held a private practice as a family psychologist. Through case studies, touching stories and helpful exercises, she guides us through various types of father – child relationships, and discusses distant, absent and abusive fathers. She then provides recommendations for understanding, healing, and mending the broken relationships that may be influencing our lives.

Upbeat and uplifting, as well as practical and healing, this book also provides examples of "Great Dads" and how to be one. With remarkable compassion and encouragement, Dr. Goetz shows us how to deal constructively with our fathers' influence, incorporate the positive into our lives and put the negatives behind us.

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