



Wabi-Sabi: Finding beauty in imperfection

3 years ago my second book was published and I would like to share it with you in parts in the newsletter. This book's intention is to support families in unprecedented times like the one we are living right now. This is based in the Systemic Therapy Theory and a decade serving families so they can find a light in this unpredicted path called parenting. I hope you can find in this book an answer, a question or a light to be applied in your daily experience as a parent.

In the course of the book I will mention the term *family* a lot, which I will take a quite interesting definition: Andolfi mentions that "family is a system in constant transformation". The family has a capacity to lose and regain its stability through phenomena that force it to reorganize. Minuchin, a renowned family therapist, proposes some characteristics about the term family. For example, the family gives its members a support network. The family provides rules and structure. The family allows differentiation as individuals, the family must be flexible and have the necessary skills to cope with changes. I will not mention or focus on types of family because what interests me to talk with you as readers are not family organizations but the diversity of operations in favor of a common good: talking about how in the family we make this world a constructive space to live or a destructive one to live too. Instead of writing just parents, I will refer to them as caregivers too because the parenting processes can not only be carried out by parents but also by other individuals who have accepted or have been introduced to the role of parenting.

I would like to finish this introduction with a Stephen Hawking's quote: "Even people who claim that we can do nothing to change our destiny look before crossing the street".