

FamilyLife Blended® Radio Transcript

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Feeding Your Family

Air Date: March 8, 2018

Ron: Have you ever noticed that in order to stay alive, you have to keep feeding yourself?

Announcer: For FamilyLife Blended®, here's Ron Deal.

Ron: Well, of course, you've noticed that. And you can hardly forget; if you're not eating, your stomach is going to remind you, right?

Well, relationships need to be fed, too. And, one of the best foods is appreciation. If you want your relationships to grow then shower people with genuine compliments and don't stop. Words of appreciation and affirmation can build a stepfamily relationship. They can foster closeness in a marriage, and even encourage cooperation between co-parents. But criticism can undo all of it and build walls of resentment. Don't just keep your family alive—help it to thrive! Feed it appreciation food. For FamilyLife Blended I'm Ron Deal.

Announcer: To find out more visit familylifeblended.com.

FamilyLife Blended with Ron Deal is a production of FamilyLife, of Little Rock, Arkansas. Help for today. Hope for tomorrow.

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