



PATHWAY TO A HAPPY LIFE

ENHANCE VISIBILITY TO WALK A BETTER PATH

INNOVATIVE Family Education

Raising Empowered and Thriving Children

GUIDE

Proven
for
real-world
applications



THE IMPORTANCE OF FAMILY EDUCATION



- Why has the child who once shared everything with us become rebellious, emotional, and unwilling to communicate?
- Despite providing abundant material conditions, why do children feel lonely and drift further away from their families?

Adolescent mental health issues are becoming a major global concern.

- Globally, nearly 20% of adolescents are experiencing mental health issues.
- In the United States, approximately 13% of adolescents have been diagnosed with mental health disorders.
- In the United Kingdom, nearly one-fifth of teenagers have experienced severe emotional lows or feelings of loneliness and helplessness.
- In Australia, 12% of adolescents have had thoughts of self-harm or suicide.
- In Finland, the incidence of depression among teenagers has increased by 15% over the past decade.
- In China, the depression detection rate among adolescents has reached 24.6%.

If a person is compared to a tree, then family and friends are like the leaves on that tree. When the leaves turn yellow, the key to solving the problem is not to water the leaves, but to nourish the roots. Only healthy roots can bring vitality to the leaves. A harmonious family is the root that supports a child's healthy growth.

ACTIVE AND PASSIVE STATES OF LIFE

WHAT KIND OF LIFE DO YOU WANT YOUR CHILD TO LIVE?

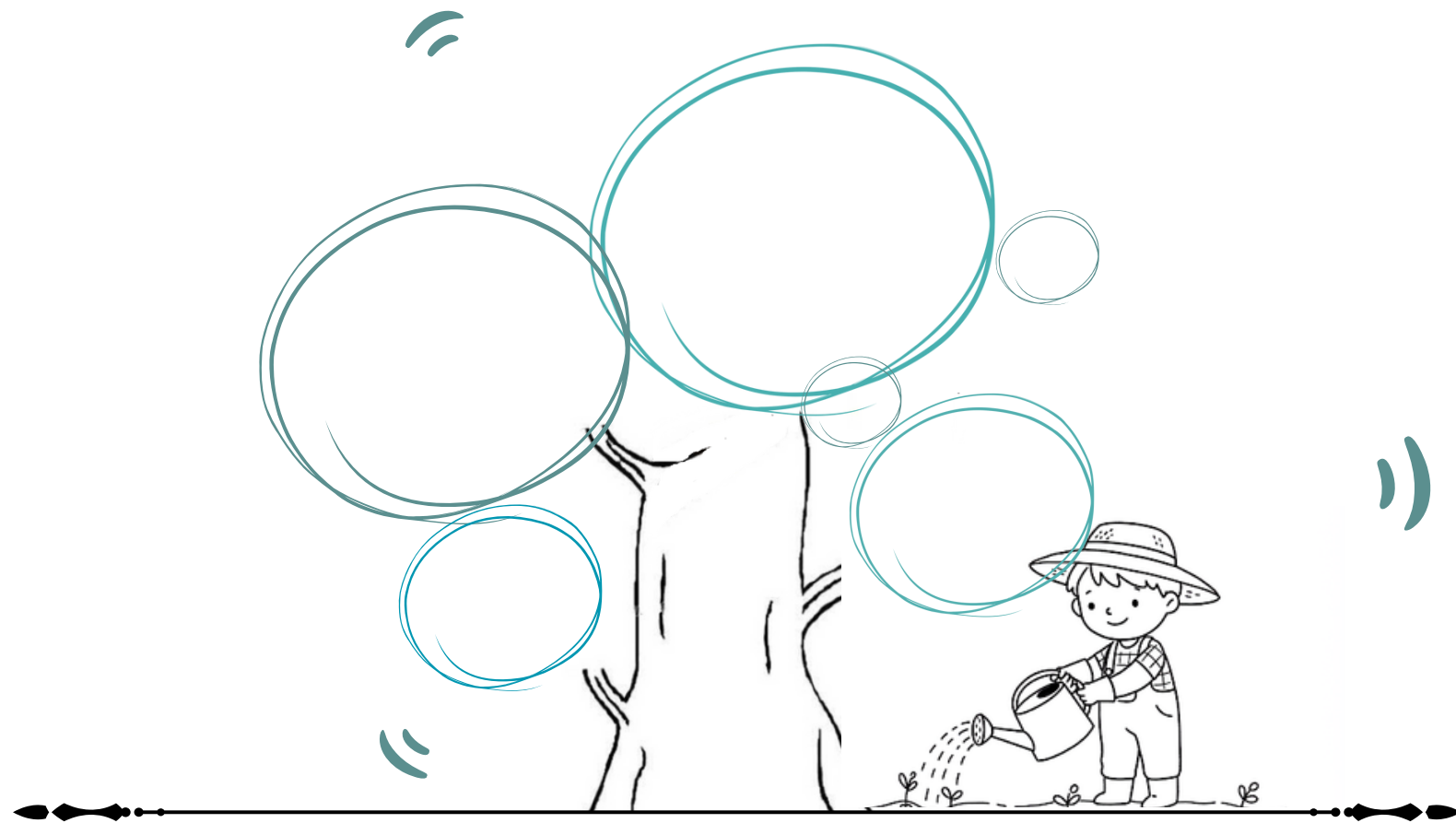
A Active Life State: The Manifestation of Vitality

An active life state is a manifestation of vitality. Life can be compared to a vast ocean; an active life state is like those who can steer their ships. In this state, life forms can chart their course and decide their destination through their will and wisdom. They possess the lighthouse of reason, the sails of emotion, and the values compass.

B Passive Life State: The Suppression of Vitality

In contrast, a passive life state resembles duckweed floating on water. In this state, life forms have relatively fixed behavior patterns, lacking initiative and self-awareness. They often feel helpless in the face of choices, powerless in the face of emotions, and are led by external circumstances.

THE PARENT'S ROLE: GARDENER OR CARPENTER



Every child is a vibrant individual. Parents should act as gardeners, providing a nurturing environment for their children to grow, allowing them to thrive naturally. A gardener cultivates living plants.



If parents try to carve their children into a predetermined shape according to their own "blueprint," they become like carpenters, creating something of their own design. A carpenter crafts objects that lack vitality.

THE TRUE PURPOSE OF EDUCATION: CULTIVATING INNER STRENGTH FOR A HAPPY LIFE



Education is about helping children develop inner strength and unlock their potential. Ultimately, children will be able to use this inner strength to calmly face life's challenges, achieving inner peace and happiness.

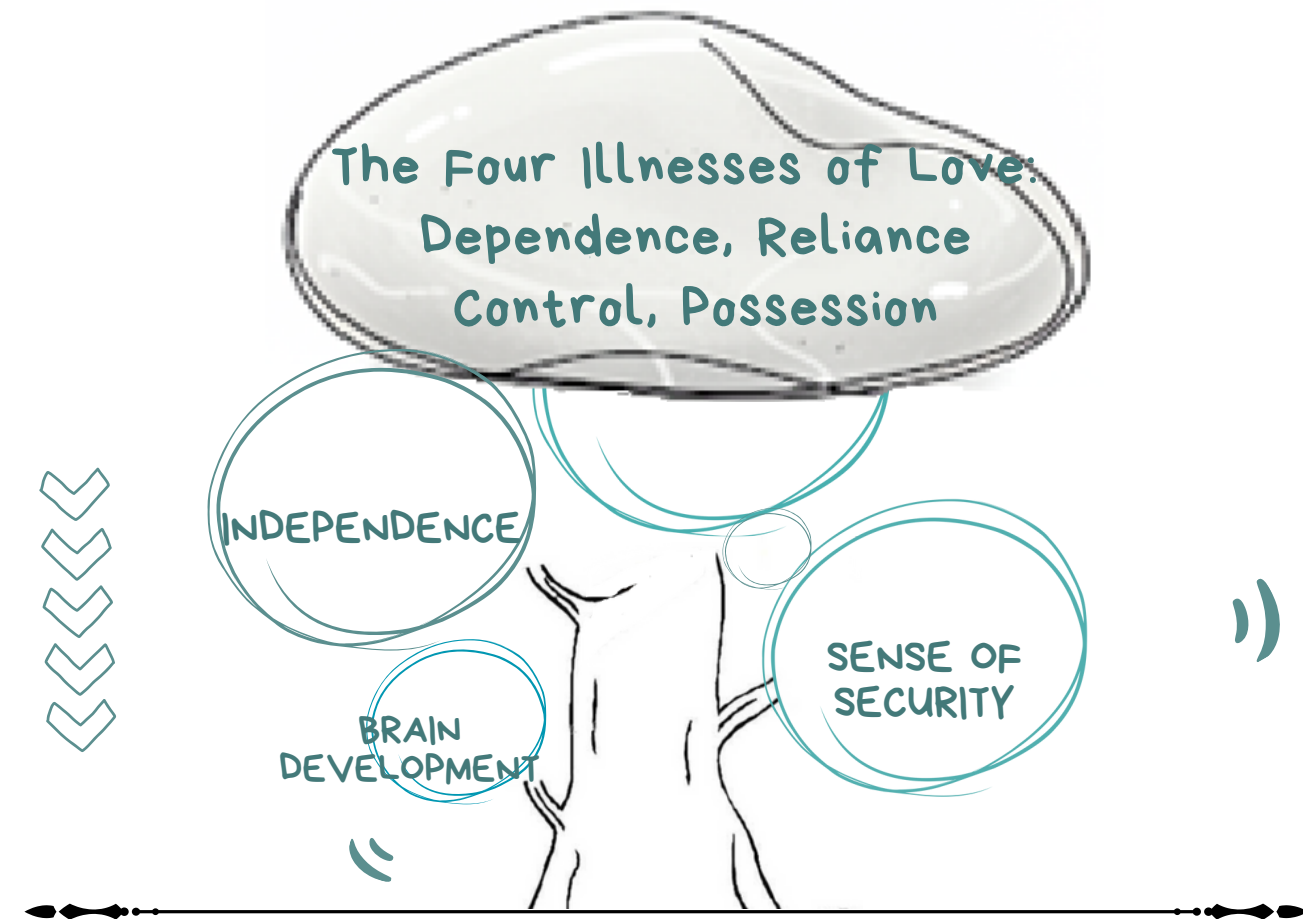
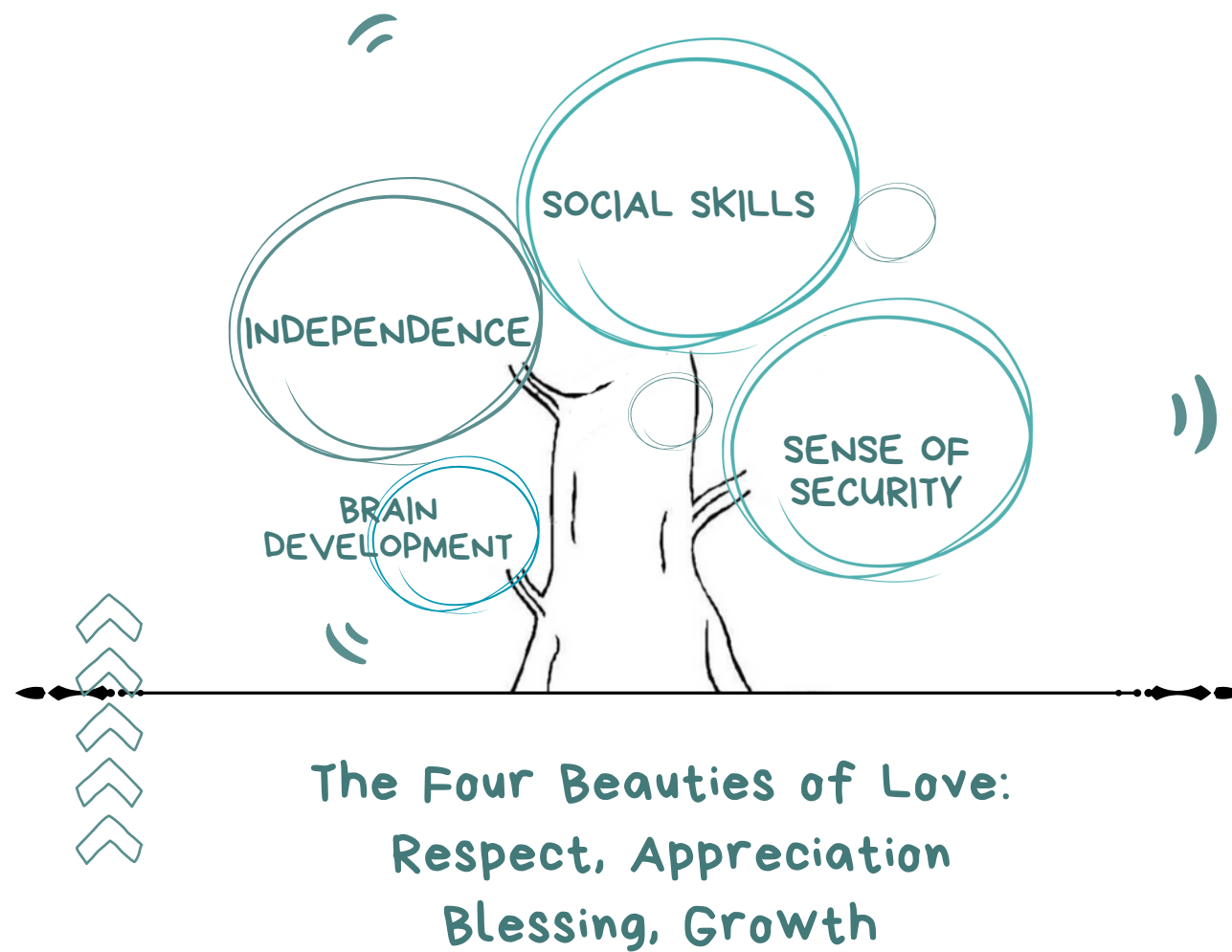
Education is not about interfering with children but helping them achieve independence.

--Ichiro Kishimi

The task of education is not to instill knowledge but to cultivate the ability to develop naturally.

--Rousseau

PRACTICE THE FOUR BEAUTIES OF LOVE AND AVOID THE FOUR ILLNESSES OF LOVE



If the direction is wrong, all efforts are in vain; but if the direction is right, you get twice the result with half the effort.

When love embodies its four beauties, it becomes nourishment that nurtures a child's growth; but when love carries its four illnesses, it becomes a burden, like stones weighing down the child's development.

PRACTICING INNOVATIVE FAMILY EDUCATION



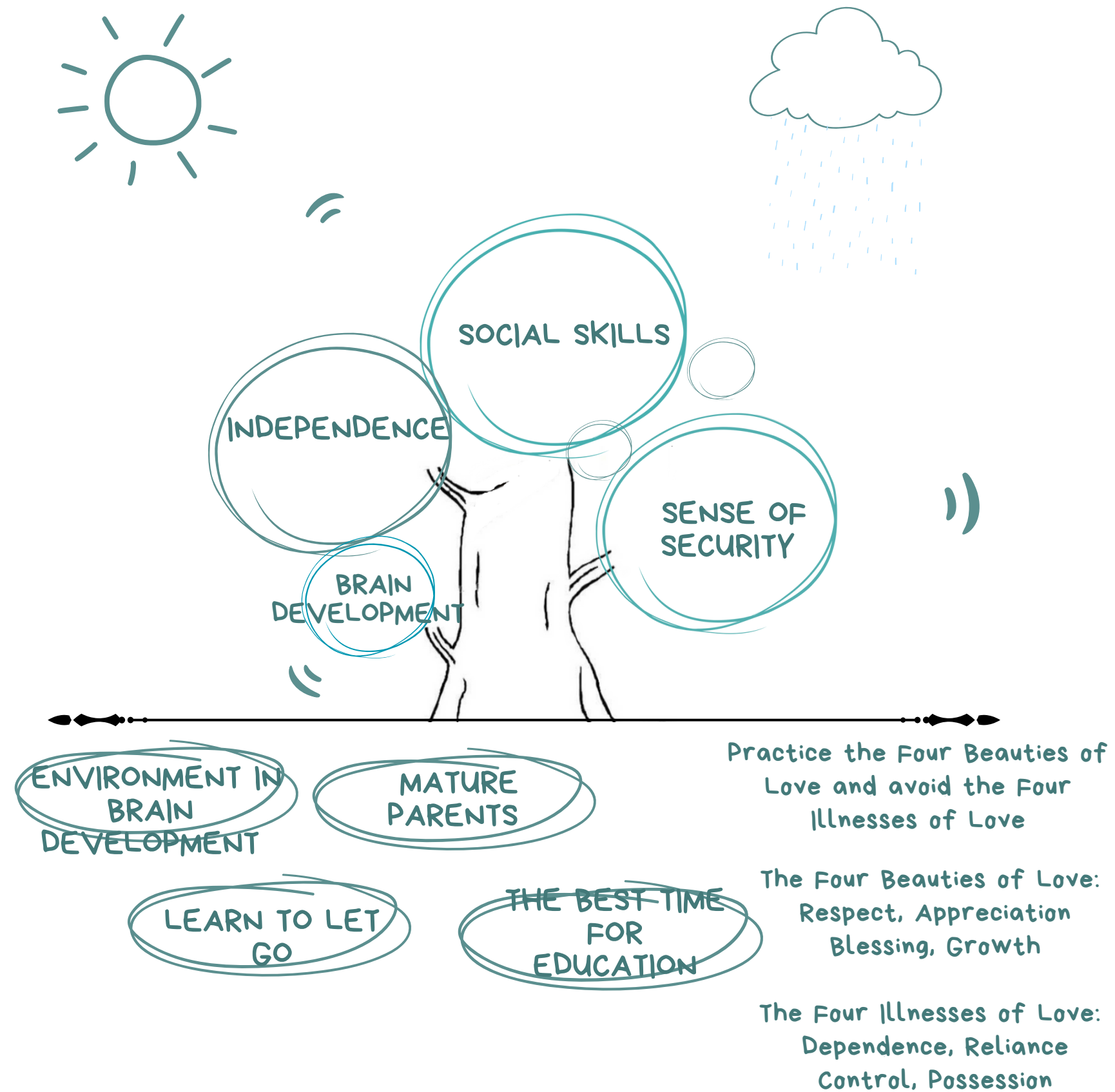
Knowledge is power

-Francis Bacon

If we know nothing about the principles of family education or the developmental needs of children, it is like being lost in a maze, repeatedly running into dead ends.

We must first understand, only with understanding can we genuinely perceive; with perception comes action, and with action, change becomes possible.

PRACTICING INNOVATIVE FAMILY EDUCATION



THE MODEL FOR A CHILD'S HEALTHY DEVELOPMENT

The model for healthy child development—empowering you to uncover the true direction and core blueprint of impactful parenting.

A child is like a tree – a living being capable of growing strong on their own. The nourishment comes from a harmonious environment created through proper family education.

EXPLORING THE ROLE OF FAMILY ENVIRONMENT IN BRAIN DEVELOPMENT

Positive Interaction Promotes Brain Development

- Rich interactions (such as active listening and patient guidance) can enhance a child's cognitive development and improve learning abilities.
- A secure and supportive environment helps children better regulate their emotions, improving focus and resilience.
- Encouraging independent thinking and decision-making activates the prefrontal cortex, fostering rational thinking skills.

High-Pressure Environment Affect the Brain

- Suppose children are frequently exposed to high-pressure environments. In that case, key brain areas may develop improperly, affecting emotional regulation and learning abilities.
- Excessive external control can make children passive, overly reliant on instructions, and lacking self-motivation.
- Chronic stress can lead to excessive secretion of the stress hormone cortisol, impairing memory and decision-making abilities.

BECOMING MATURE PARENTS: CREATING A HARMONIOUS GROWTH ENVIRONMENT

Emotionally Immature Parents: The Hidden Source of Family Stress

- Emotions are regarded as highly contagious forces. When emotions are passed from one person to another, layer by layer, they can eventually trigger chain reactions within the family and society, disrupting the family atmosphere and potentially repeating themselves in the child's future family life.
- The family is the core environment influencing a child's development. If family members are unable to manage their emotions effectively, negative emotions will circulate continuously within the family system, leaving children in a prolonged state of tension and insecurity. This can lead to low self-esteem or aggressive behavior.

Becoming Mature Parents: Starting with Self-Growth

- Clarifying the Self and Life Direction: The Starting Point of Maturity
- Inner Awakening and Emotional Stability: The Core of Emotional Maturity
- Respect and Support: Creating an Open and Inclusive Environment
- Growing Together: Learning and Progress Within the Family

The Importance of Mature Parents: The Family's Anchor

LEARN TO LET GO: GIVING CHILDREN THE SPACE TO GROW

Why Things Often Go Awry: Common Missteps in Parenting

- The Trap of Criticism: Undermining a Child's Confidence
- The Hidden Risk of Praise: Creating Dependence on External Validation
- Interfering Through "Right and Wrong": Depriving Children of the Chance to Learn from Failure
- Growing Up Amid Nagging: Fueling a Rebellious Mindset

Principles of Effective Parenting: Balancing Freedom and Guidance

- Accept the Child's True Self, Not the Idealized Version
- Shift from Commanding to Collaborating: Building an Equal Parent-Child Relationship
- Allow Children to Experience Failure and Learn to Take Responsibility
- Replace Punishment with Wisdom: Help Children Understand Rules Rather Than Fear Authority
- Empower Children with the Courage to Face Life and Truly Grow

"Letting go" doesn't mean turning away – it means giving your child the opportunity to grow and become who they truly are

THE BEST TIME FOR EDUCATION: GUIDING WHEN CHILDREN DO THINGS RIGHT

The Pitfalls of "Error-Correction" Parenting

- Children Becoming Overly Sensitive to Mistakes but Lacking Awareness of What is Right
- Shifting Focus from "Self-Improvement" to "Avoiding Criticism"

Emotion-Guided Education: Teaching Children to Express Emotions and Handle Situations Healthily

- Be specific in your guidance, not vague in your demands.
- Understand your child's emotions first, then offer direction.
- Reinforce positive behavior when they get it right, helping them build good habits.

The Best Time for Education: Guide When Children Get It Right, Not Just When They Make Mistakes

NURTURING A CHILD'S SENSE OF SECURITY: THE CORNERSTONE OF A FULFILLING LIFE

True Security vs. False Security

- Many people mistakenly believe that security comes from external sources. However, this kind of “external security” is fragile—when the outside environment changes, it can lead to anxiety or even a sense of collapse.
- True security comes from inner stability—a deep sense of self-assurance and freedom from fear and anxiety. It does not depend on external conditions but is built upon inner strength.

The Roots of Insecurity: Hidden Wounds in the Family

- Intense Emotional Swings and Verbal Harm from Parents
- Family Conflict and Disharmonious Relationships

Provide Children with a Sense of Security

- Becoming a Parent Who Brings Security
- Emotional Stability Is the Greatest Gift of Security You Can Give Your Child
- Cognitive Growth: Helping Parents Rise Above Their Emotions

Security Is a Child's Greatest Strength

FOSTERING A CHILD'S INDEPENDENCE: A VITAL STEP TOWARD MATURITY

The Key Developmental Stages of Human Growth

- Dependence -->Independence-->Interdependence
- These stages, from dependence to independence and ultimately interdependence, represent a gradual process of enhancing self-capacity and recognising the power of collaboration and teamwork. Growth is a step-by-step journey from dependence to independence and interdependence. This progression is the path we take to reach maturity.

Fostering a Child's Independence: A Key Growth Skill

- Emotional Independence – the ability to manage their own feelings instead of relying on others for comfort.
- Independent Decision-Making – the confidence to make choices in life and take responsibility for them.
- Independent Judgment – the ability to evaluate the world through their own lens, rather than blindly conforming to external opinions.

True independence is when a child moves through the world with the inner strength and confidence to face whatever comes their way

CULTIVATING CHILDREN'S SOCIAL SKILLS: THE FOUNDATION OF A HAPPY LIFE

Misconceptions in Cultivating Social Skills

- Ignoring the Problem: Believing that children's conflicts will "resolve themselves" naturally
- Forcing Intervention: Using authority to make the child compromise
- Material Compensation: Replacing real conflict resolution with "buying things"

Developing a child's social skills begins with understanding emotions

- Help Children Understand Their Emotions
- Offer Listening and Understanding, Not Judgment
- Let Children Solve Problems on Their Own
- Focus on the Process, Not Just the Outcome

Let your child become the main character of their own life

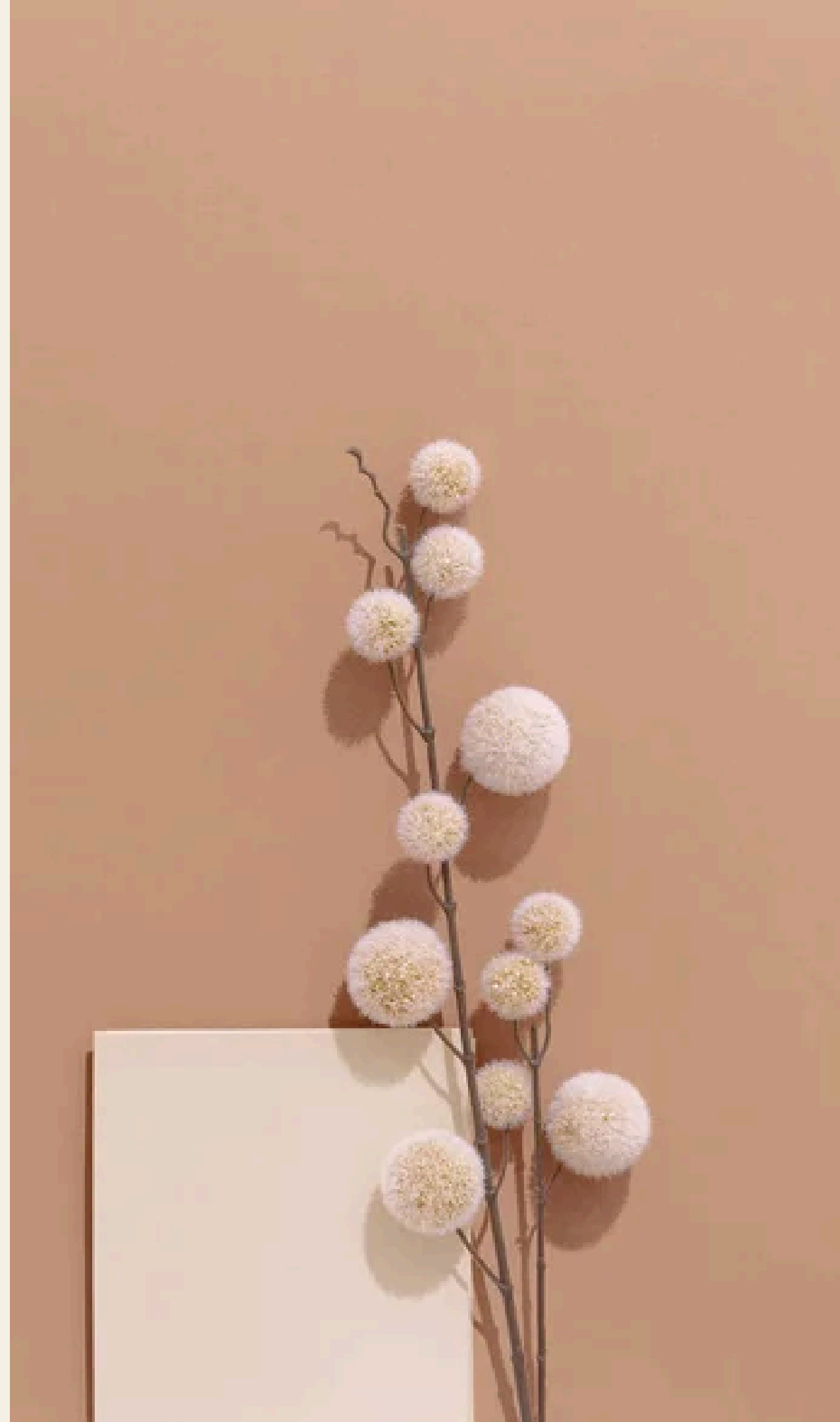


DOUBTS FACING THEM ANEW

Children are not the problem—labels are.

Every child is a good child, without exception. Don't judge them. Our role is not to turn "bad" kids into "good" ones, but to help each child become the best version of themselves—better and better.

DOUBTS FACING THEM ANEW



FACING CHILDREN'S ANXIETY

Anxiety Is Not a “Problem” but an Overactive Defense Mechanism

Helping Children Overcome Anxiety

- Start with empathy, not lectures.
- Help children identify the “false alarms” of anxiety.
- Support them in facing fears step by step.
- Create a sense of safety so they feel free to express themselves.
- When anxiety seriously impacts daily life, consider seeking professional help.

DOUBTS FACING THEM ANEW



FACING CHILDREN'S REBELLION

At its core, rebellion is a reflection of emotional and cognitive turmoil.

How to Handle a Child's Rebellious Phase

- Replace negative conflict with positive interaction
- Learn to listen instead of rushing to correct
- Avoid power struggles and focus on connection

The Core Principle: Creating a Positive Family Environment Rooted in Respect and Love

FACING CHILDREN'S INTROVERSION

Introversion and extroversion are not superior or inferior to one another; they are simply different positions on a natural personality spectrum. No one is entirely introverted or entirely extroverted; most people fall somewhere in between.

- Extroverted children: Become more excited the longer they stay in social environments and enjoy making new friends.
- Introverted children: Feel drained after prolonged exposure to noisy environments and prefer solitude to “recharge.”

How to Support an Introverted Child in Reaching Their Full Potential

- Accepting the Introverted Nature
- Give children autonomy to foster a sense of responsibility
- Use gentle, nurturing methods of education
- Encourage creativity and focus, allowing them to express themselves in their own way

Parents can help introverted children turn their quiet nature into a decisive advantage, allowing them to shine quietly but brilliantly

FACING ADOLESCENCE

Adolescent children may seem to resist their parents on the surface, but deep down, they long for understanding and support. What children need is not parental control, but understanding and guidance.

Parents need to undergo a significant identity shift during their child's adolescence, transitioning from being "controllers" to "coaches." They should provide guidance without over-interfering.



Becoming a Competent "Adolescent Coach":

- Be the child's "buffer" or safety net
- Give them the freedom to make mistakes
- Educate through values, not emotions

CREATING A HARMONIOUS ATMOSPHERE AND GROWING TOGETHER



- Nurturing another life with a high-quality state of being is the greatest gift parents can give their children.
- The core of family education is for parents, through accompanying their children, to become better versions of themselves. They must have the ability to create a warm, harmonious family environment that nurtures the child, ultimately fostering mutual growth.
- In the process of raising children, the most important task for parents is to achieve self-awareness.

CREATING A HARMONIOUS
ATMOSPHERE AND GROWING
TOGETHER



THE STARTING POINT OF AN AWAKENED FAMILY: RECOGNIZING YOUR TRUE SELF

The False Self's Influence: A Vicious Cycle of Fear and Control

- The false self is a "self-image" shaped by our upbringing, social judgment, and past experiences. It leads us to view the world through fixed patterns of thinking.

The True Self: The Guide to Inner Happiness

- The essence of the true self is calm, acceptance, and freedom. It is not influenced by external judgment nor dependent on the identity assigned by the environment. We can observe our emotions from a place of calm, rather than being controlled by them.

CREATING A HARMONIOUS
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THE PROCESS OF FAMILY AWAKENING: TRANSITIONING FROM THE FALSE SELF TO THE TRUE SELF

The transformation from the false self to the true self is not instant; it requires continuous practice of awakening, awareness, and Practice.

- Awakening: Recognizing the Control of the False Self
- Awareness: Deeply exploring the roots of emotions
- Practice: Using the true self to guide my life

CREATING A HARMONIOUS ATMOSPHERE AND GROWING TOGETHER

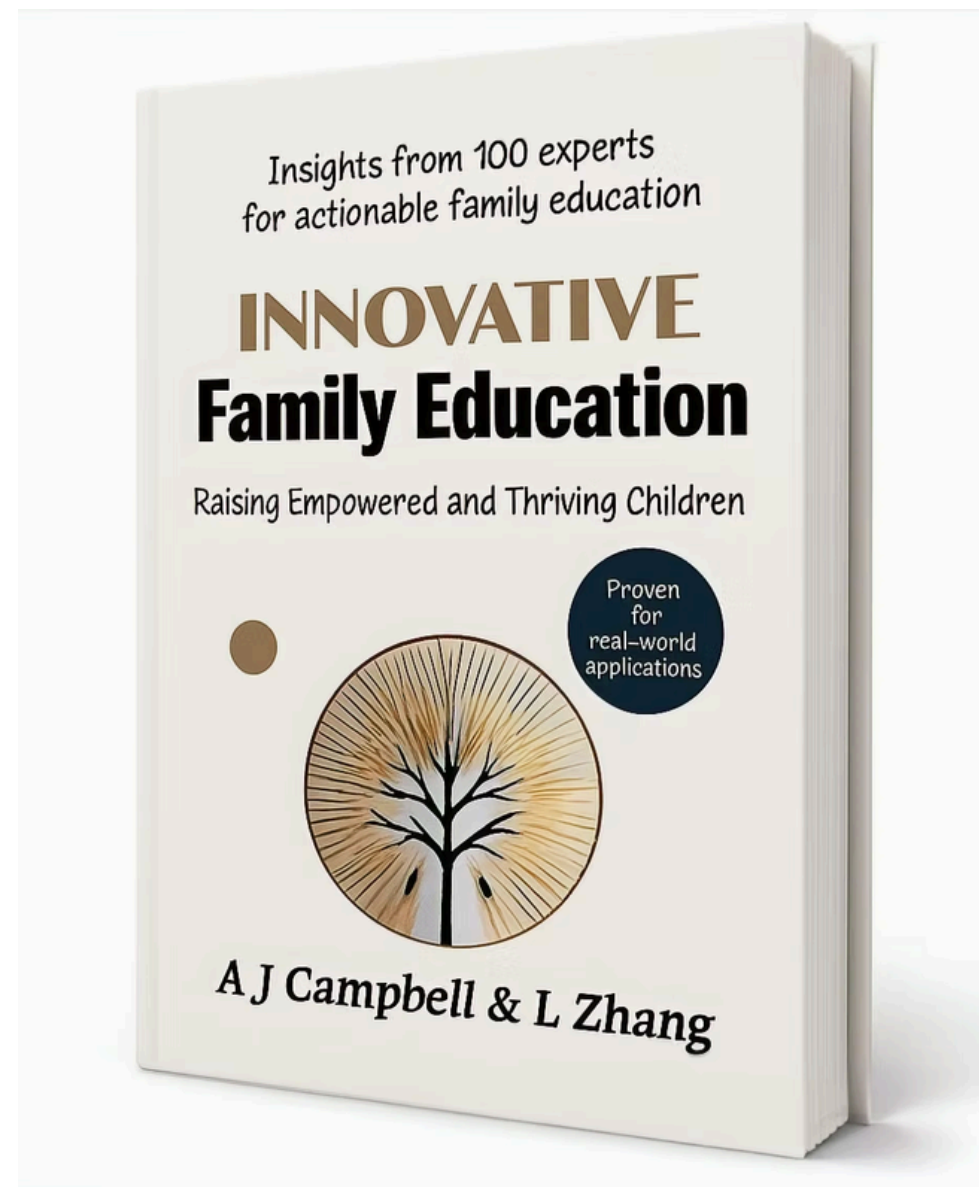



THE CHARACTERISTICS OF AN AWAKENED FAMILY: A SPACE FOR MUTUAL GROWTH

A home is a place where a harmonious atmosphere is created, nurturing and growing together.

- Parents are no longer driven by anxiety, instead, they accompany their children with authenticity and presence.
- Labels or expectations no longer bind children, instead, they are understood and accepted.
- Parent-child relationships are no longer about conflict and opposition, instead, they are based on respect and mutual growth.

What people are saying




 Shek A.

★★★★★ **A Fresh Blueprint for Modern Parenting**

Reviewed in the United States on May 7, 2025

Verified Purchase

This guide, which pulls together expert guidance, real-world examples, and down-to-earth exercises, invites parents to rethink old habits and build a more intentional family culture. In clear prose, it shows how fostering self-awareness in both adults and children creates stronger relationships, steadier confidence, and a home environment where curiosity and resilience thrive.

 Steffi

★★★★★ **Good guide to raising mentally healthy children**

Reviewed in the United States on May 14, 2025

Verified Purchase

I liked this book a lot. Raising mentally healthy children requires healing and growing as a parent too and this book explains just that. Mental health issues of adolescents is such a big issue nowadays and as parents we can do a lot to prevent this.

 Jonaca

★★★★★ **Raising Thriving Children Made Possible – Brilliant!**

Reviewed in Australia on April 28, 2025

Verified Purchase

I absolutely loved Innovative Family Education! Aaron J Campbell and Ling Zhang really get what today's parents are facing. Their advice is super practical but also really inspiring — it made me rethink how I connect with my kids in the best way. The book is easy to read, full of real examples, and you can start applying what you learn right away. If you care about raising strong, happy kids, you need this book. One of the best parenting books I've ever read!

The true value of family education lies not only in fostering a child's inner vitality and independence but also in enabling parents to become the best versions of themselves—wise, aware, and loving role models.

The core of education has never been about "forcing" things onto children but about the growth of the parents themselves. As we've discussed, when the "original" grows, the "copy" will naturally grow as well.

If you're interested in family education, please refer to our book "New-Style Family Education - Raising Vibrant Children" and related training.

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About the book About the growth camp More information

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