



**UNDERSTANDING
INTEGRITY
TRUTH
LOVE
JOY**

THE FAMILY REPAIR MANUAL

HOW TO BUILD A

**STRONG
FAMILY**

A FOUNDATION OF ROCK

Corner
Stone



Author: R. Lindemann

Author Bio

With over four decades in contract-engineering, this author has worked extended periods in several engineering fields, including chemical, electrical, and mechanical engineering, among others. This experience has offered him unique insight into key aspects of our physical and chemical world. Having also been heavily involved in the detailed data analysis that is required in various engineering fields, he was able define many core connections between physics, chemistry, our bodies, human behavior, and even how it all affects our beliefs and our decisions.

Addition Bio Info

After having extensively studied the physical sciences, he began to see irrational theories being consistently spread abroad to the masses, theories which now have become socially accepted as “settled scientific fact.” His position is that when dealing with any of the sciences, accuracy is paramount to having true understanding of any topic. He states that, “People’s desire to push their own agenda, all too often overrides their accuracy and turns into a system of beliefs and denial of actual evidence, rather than accurate evaluation of the information using true science.”

He feels that true human logic is important and that it has been overridden through methods of modern indoctrination. In effort to help others navigate through the fog of misinformation and enhance their own understanding, he has gone through the process of writing many books on some of the most prominently misunderstood topics.

His current bibliography includes the books *Bending the Ruler* about astrophysics, *Dream Thin* a plain language instruction manual to understand weight loss, and his four-book *Life Corner Stone Series* which includes the books *Hot Water*, *Red Hot Marriage*, *Strong Family*, and even *Understanding Prayer* exploring the effectiveness of prayer and its effects on our bodies and whether or not prayer to a higher power is scientifically realistic. He also wrote the five-volume series called *The Science Of God* analyzing the viability of the Genesis Creation account and the Global Biblical flood. To get your own copy of these or his other books, visit RLindemann.com or search “R Lindemann” on your preferred book retailer’s website or wherever books are sold.

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Strong Family **Sample Interview Questions**

*For additional discussion points, see the detailed **Table Of Contents** following this page.*

- 1.) What is your book ***Strong Family - A Foundation of Rock*** about?

- 2.) Why do you place such an emphasis on family?

- 3.) How can a family avoid bad influences?

- 4.) How important is a good marriage in relation to having a strong family?

- 5.) How important is religion in having a strong family?

- 6.) What about abortion in a marriage? Should a couple abort if they don't want more children?

- 7.) On the abortion subject, when does life begin?

- 8.) Should a couple use birth control if they don't want more children if they are Catholic?

- 9.) In your book ***Strong Family*** you talk about building children, but "Building Children" sounds like you are making them in a lab. What do you mean by "Building Children"?

- 10.) Does the Creation-versus-Evolution debate matter in regard to a ***Strong Family***?

- 11.) Do you talk about whether or not parents should spank their children in ***Strong Family***?

- 12.) Regarding ***Strong Family*** and our discussion today, what is today's takeaway?

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The Speed of Light,
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and The Big Bang*

The Science Of God Volume 1

The First Four Days

The Science Of God Volume 2

*Day Three
Gravity, Land, Seas,
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The Deluge*

Understanding The Bible

*The Bible How-To Manual
AND
The Things We Don't See*

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*Your Perceived Identity
The Life Repair Manual*

Red Hot Marriage

*Made in Heaven
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Understanding Prayer

*Why Our Prayers Don't Work
The Prayer How-To Manual*

Thank You GOD

Finding Gratitude in Hard Times

Understanding The Church

*Upon This Rock
I Will Build My Church*

Dream Thin

*The Weight Loss
Repair Manual
Lose Weight While Sleeping*

THE FAMILY MANUAL
HOW TO BUILD A
STRONG FAMILY
A FOUNDATION OF ROCK

R Lindemann

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Introduction

Having grown up witnessing much trouble and strife in the lives of those around me, I often wondered why things are the way they are.

Finding, and then sharing, the answers to why things are the way they are has been my deepest quest for most of my adult life. After years of my own observations and experiences, I felt compelled to write this book to share the simplicity of creating a family of children who are strong, loving, self-assured, and kind. I also want to share how easy it is to experience joy within your own family when you know the simple secret that few truly know.

Growing up, I got my dose of parenting techniques and advice from all of the usual “experts.” Some of this advice is now debunked. In my early years, this information came through my parents and some of the reading they did; and in the years of my own awareness that followed, the information came from TV talk shows and other such programs, and from books found and read on my own. Through observation and listening I have seen and heard enough contradiction in the parenting techniques and family advice to last anyone a lifetime.

Most of us are now, or have been, witness to parenting gone bad, either in our own childhood families, or in our current families with our very own offspring. We are also witness to the seemingly endless parade of trouble that we hear and read about from friends and family and in the news. Why do some families do so well while others cannot seem to conquer the toil and strife that infect their homes? Why do so many families lack the joy that they deserve?

Many problems come from bad parenting techniques—a statement that hurts many of us at our very core. But, to pass the buck a bit, much of what we suffer from today is due to the

contradictions from our past that we have heard, seen, and learned from our parents and from others—contradictions that we have subsequently accepted and duplicated. In other words, no one instructed us as to how proper parenting should be done. Instead, through our environment, we learned our parenting techniques without specific intent to do it right. To address this, we will be discussing some of the more prominent contradictions that we experience in life and how to remove those contradictions from our thinking and from our lives.

If there are contradictions in our current or past information, it does not mean that the information is one-hundred percent wrong. We can witness the Sun rising and setting from day to day and make the wrong conclusion that the Sun circles the Earth, but that does not change the fact that we see the Sun rise and set every day. However, believing that the Sun circles the Earth affects your ability to see the truth about what is really occurring.

Information about making our lives better, more robust, and more joyful is no different than the example just given. Part of our human nature and innocence is that we have *preconceived* ideas and beliefs that cause us to overlook important details. Our problem comes in when we refuse to consider ideas and solutions that are new to us that others provide. When their ideas and solutions are solid, it can quickly elevate us out of our troubles and make our lives very joyful!

If you have older children, the problems you may have experienced, or are currently experiencing, *and* what to do about those problems are addressed in this book. If you are planning to have children, or already have them, then this book will guide you and help you to avoid the problems that you have been observing in other families and the world around you.

Think of *Strong Family* as *The Family Repair Manual*. It is not meant to pump you up and excite you when you are done reading, only to have you be let down again when things go wrong. This book is written to enable you to understand the source of your problems so that *you* can repair or replace what is broken in your life and in your family. This book shows you *why* your family is or was broken to begin with. Reading *Strong Family*, before problems occur, can allow you to avoid the troubles before they have had a

chance to take root in your life. Unless we can remove the cause, or the *why*, of something that has been broken, it will unnecessarily keep breaking over and over again throughout the remainder of our lives. This will have us needlessly going in circles in attempt to repair the damage each time the problems reoccur.

Strong Family is meant to be read and then used as a reference book and a reminder of how to stop the problems *when* they occur, and, better yet, often *before* they occur. This *Family Repair Manual* is for parents of all ages, and for parents with children of all ages—including adult children who are well into their fifties, sixties, and older. *Strong Family* busts through many myths of the past to get you on the right track. This is not your typical parenting book that gives you step by step feel-good instructions. It is not a quick or temporary fix. It is a dig-into-the-problems-and-get-your-hands-dirty kind of book that reveals the root of your troubles, allowing you to swiftly remove those troubles. We *will* suffer the consequences when we fail to do this.

The point of *Strong Family* is to get our heads in the right place so that parenting comes easy! Doing so allows us to see through the inconsistencies that currently exist in each of our lives, and the inconsistencies that we will encounter in our own family's future. Your view of life can be hopeful and confident when you finish reading *Strong Family*. Your added understanding will give you an advantage to see things more clearly; thus allowing you to breeze through life with little concern, and with much joy in your spouse, in your children, and in yourself!

Chapter 1

Building the Foundation

Just about every new parent wonders, “Will my children turn out to be good, or did I get “bad-egg” children? Will my kids be spoiled little brats at age two? Will they choose the slippery slope of drugs and alcohol when they’re teenagers? Are they going to be overweight and unhealthy? Or, did we get lucky and have really great children who will be sweet, happy, loving, hard-working, responsible people when they grow up?”

Some of us don’t give this much thought because everything in our lives is fine right now, but suddenly, our children start getting into trouble, rebelling, or maybe hanging with the “wrong crowd.” Some parents are dealing with problems with much older children who are at “midlife” age and are *still* troublesome, or are *becoming* troublesome.

Every parent wonders what they need to do to raise good children who will not disappoint them. Is there any hope, or are we stuck with what we’ve got? Is it a role of the dice, or can we deliberately make things better? Do we wait and see what happens, or can we do something *now* to change our dismal future?

Chapter 2

Making Choices

The first step in making choices is to understand that everything in life is either true or it is false—it is good or it is bad. If it is true, then it is good information. If it is false, then it is bad information.

The next step is to always choose the information that is true and good. This simple task gets obscured and perverted when people who choose false information are leading others. This is because the leaders' perception of what is true and good is obscured and perverted, and they deceive themselves and others through ignorance, though, sometimes it's deliberate.

If a person who is adhering to false information tells us something that *they believe* to be true (but it is not true), it tends to misdirect our focus and leads us to wrong conclusions, even if the person doing the telling is you. For instance, if your child has temper tantrums and they are ten years old, then the truth is that they are too old for that behavior and the tantrums are your own fault. We must choose truth, but this does not mean that it dictates the long-term outcome of our lives. A person who is ignoring facts, or a person who is a liar, will accept the "truth" that the child has tantrums, but then believe that's just the way the child is—spoiled!

Chapter 3

Does Religion Really Matter?

If you have not decided to make a choice about God, then does religion really matter to you? Of course it does! I suppose we could debate about the level of importance that religion has in our lives, but it's a good idea to at least consider the following information in this chapter before drawing any further conclusions. Whether or not a God exists, our *understanding* of religion causes many of the problems in the world and in our families. Getting a firm grasp on how deeply religion has affected the world, our personal world cultures, and *especially our own families*, is imperative to properly building your family's foundation.

When discussing the state of religion throughout history, the "Church" is often painted negatively. But in truth, it is not the Church that is the problem; rather it is *some* of the people who lead the Church who are responsible for the negative behavior. Let us keep in mind that "The Church" is the people, and only some are a problem, most people are good.

Chapter 4

The Way We Understand

Since the *way* we understand things is core to our understanding, *understanding* cannot be stressed enough. You will find that when you understand things in a *true* manner, most apprehension and fears are wiped away, and then you will live a very joy-filled and robust life.

What is "Understanding?"

What exactly is understanding? In its simplest description, understanding is the ability to grasp the truth about something.

Understanding is the rock foundation that everything we do is to be built upon. When we do not understand, we live in confusion, thus causing us to make decisions based upon our confusion. You would think that to understand *understanding* would be a simple thing to teach to others, but it is not.

Understanding what understanding actually is, is amongst the most difficult of concepts to teach to others, even though it is one of the basest and most simple concepts that exists.

Chapter 5

Understanding Truth

The previous chapters show obvious bias in favor of the Bible and a God. Understanding the purpose of those chapters is what we must focus on here.

Some of the principles taught by the *Thought Movement* and the *Free Thinkers* are principles that were extracted from the Bible. However, the subject of whether or not “God” exists is a bit different, and we will examine that issue and its connection with your family a couple of chapters from now. I have a firm belief that, in regard to the existence of God, we should be able to state our case without saying, “Because the Bible told me so!” Using the Bible as “proof” for there being a God makes us subservient to our own and other people’s sometimes inaccurate interpretation of the Bible. Additionally, as explained in the book series *The Science of God*, when relying solely on the Bible as evidence of God we are subject to the interpretation of those who translated the text throughout the years.

Error in interpretation of the term “truth” is an area of trouble for people when tightly woven cults become a part of their life. Cults focus on the word *truth*, but then distort the word’s underlying meaning. The primary importance of understanding

Chapter 6

The Faith of a Child

What is true—is true. Truth is so simple and base that it cannot be refined any further; yet, we must teach truth to our children. Since so few of us were taught the method of seeking truth, a rare few of us are able to properly teach the method of truth to our children. We generally, “Tell it like it is” with regard to our children, and we tell them “There is a God, and He made us all and the whole world” and we might add “and don’t argue with me because *that’s just how it is!*”

If Mommy and Daddy tell the little children that there is a God, then those children will generally accept that and will not question it unless they are given reason to doubt. “*The Faith of a Child* is an admirable thing, or so it would seem. After all, The Christ said “Unless you have received the kingdom like these children,” referring to the faith of the children—but, do we really understand this “faith?”

Chapter 7

Celebrating Joy

Joy is an important part of having a great family; without joy we live dismal, lackluster lives that will only have random moments of happiness. When this is the case, it means that we are not in control of our situation, and, as a result, the happiness that occurs in our lives is purely by chance. Joy is the long-term result of truth, and anything else that is not a result of truth and appears joyful is the result of chance. Chanced joy, technically, is *happiness*. Anger, cynicism, and frustration are all a result from the same source—they all come from non-truth.

For most people, the majority of what makes us feel good that we experience in our lives is *happiness*, rather than *joy*. Joy is deliberate and comes *after* you have established your life in truth. Joy is something that should be celebrated, and it is something that you should take a great deal of pleasure in when experiencing it. The joy of truth is our fundamental purpose here in this life, and it is what we were designed for.

It's important to understand that joy is the result of truth; and also remember that anger, which is caused by frustration, is the result of non-truth—or lack of truth. Even if the non-truth that

Chapter 8

Evolution versus Creation, Does it Really Matter to Your Family?

The four cornerstones of life are important, and they have been under attack since the very beginning of humanity. Our *not understanding* the necessity of a good foundation is a serious problem for most families. The cornerstone of family has been greatly undermined by the evolution versus Creation debate.

The human-evolution belief system has infiltrated so deeply into culture that we barely notice how often we reference it. Our blind faith belief of evolution has clouded our view of the obvious brilliance of our children. We tend to look at younger children, and often treat them, as if they have the mentality of animals. We dismiss their genius as if they have erred, and when they call us out on our lies and wrong doing, we reprimand them or tell them to “be quiet!” The mental conflict of evolution versus Creation starts with incorrect thinking.

There has been an illusion for many years that simply going to church on a regular basis was the key to having a great family. However, since the divorce rate and other family troubles of church-goers rivals that of non-church goers, it is evident that great families

Chapter 9

Abortion versus Life It Matters to Your Family!

Since this book is about families, I would be remiss in my work if we did not discuss abortion. Without children there is no family. Even if you choose to call *two* people a family, which by definition is true, in a single generation's time that "family" will cease to exist if no offspring comes out of the family.

Sure, you can adopt or bring someone who is hurting under your wing and call *them* family. But, if we abort *every* baby, then, within a lifetime, all of mankind will cease and there will be no families, anywhere! I would **not** recommend an abortion for anyone for many reasons, but the two biggest reasons to not do it are one's own personal regret plus the harm to another individual (the child in the womb.) Adhering to erred theories such as human evolution, greatly devalues our view of humanity, allowing us to readily accept abortion as an okay view with little or no feeling of guilt.

Whether it is legal or not, abortion is a choice, and it will always remain so.

Being in contradiction in your own heart regarding abortion, causes problems in your family in deep and subtle ways that are

Chapter 10

Health and Truth

Typically, when parents are bringing their children up, a book about *family* is often aimed at disciplining *young* children. While that is an important part of a strong family, *Strong Family* is written for families with children of *all* ages, including ourselves, so it's not only about raising children. When your children are your age they will still be *your* children. For your own good and for their own good it is best to have a firm grasp of reality regarding health so that you can weed out the lies that come your way. The connections between health and truth are vast but subtle. Since the dawn of man, science (the questioning by mankind) has continually been *only beginning* to understand the connection between health and truth. It seems that the more we figure out, then the more we realize that we do not understand.

In reviewing history we find that most societies felt that they had things figured out, only to come to destruction financially, socially, politically, and in health. This is likely to be repeated with any current society, provided that—*what is not*—gets whitewashed with lies and called *true*.

Our use of statistical analysis and its interpretation is greatly perverted by our own interpretation of the statistics and by our

Chapter 11

Is it Really In Your Genes?

The topic of genetic disease goes hand in hand with the mind/brain and body topic that we just covered. Blaming all of our health and mental woes on genetics will not ever make our health or behavioral problems vanish. We will not say here that some peculiar disease developing in a part of our bodies cannot be genetic, but let's explore the topic a bit and get a real sense of the genetics issue.

Are there people who have ADHD or Autism or other such behavioral "diseases"? The answer is yes and no. Initially, these types of disease names are created to describe peculiar strong tendencies to behave in certain ways. However, many of these labels have become the scapegoat for our own parental failures. This is not true for every child diagnosed with such diseases, but it is true for far too many children who have been improperly labeled as such.

Blaming Genetics Won't Make Your Problems Go Away

One prominent area of genetic blame is that of obesity. People say, "My parents were fat and therefore I am too." Believing this will keep you overweight for as long as you choose to believe it. There is

Chapter 12

Parental Rewards

Don't believe something is true because **I** said so; but rather, believe something because **it is so**. You will see the rewards very quickly when you understand how to properly embrace truth in this way. Whether your child is diagnosed with a questionable disease, or is going down the wrong path, you will be in charge and will understand what they need from you in order to quickly get them back on track only when you embrace truth. Each moment of realization is another fresh beginning to change your family and to start building sound children. **This** is one of those moments because what you choose to believe about this topic defines you.

Your Children are Little Mirrors

Your children are little mirrors who reflect the image of their parents. This frightens many of us and we tend to ignore this and blame anything other than ourselves, but our children are near perfect reflections of us. This unavoidable and true point is critical for all parents to understand and embrace. The reason that this frightens us is that when our children behave in a way that frustrates us, then we are forced to realize that they are typically

Chapter 24

Life Goes Quickly, Take Time to Enjoy it!

It seems that the more we age, the faster life appears to have gone. When we are forty or fifty we look back and wonder what happened, and, all too often, we wonder where we went wrong with our children.

We get one chance to build a great family; let's not miss our opportunity! Our family will affect the rest of our lives no matter what our age is. Our teaching never ends as parents, and it goes on long after we are gone. All of our words and actions will have affected us and our children. And what our children learn from us will affect their children and will pass from generation to generation.

Our parental teaching can be done at any age and it never ends. Our power as parents, to teach good things, is proportional to our commitment and understanding of what is true. Whether we try or not we will teach them, no matter what. The question is, ***what*** will we teach them? Will we accidentally teach them lies, or will we choose to specifically and deliberately teach them what truth is. Sometimes people get very lucky, and, out of pure chance, teach their children truth. But how much better is it if we teach truth *intentionally!*