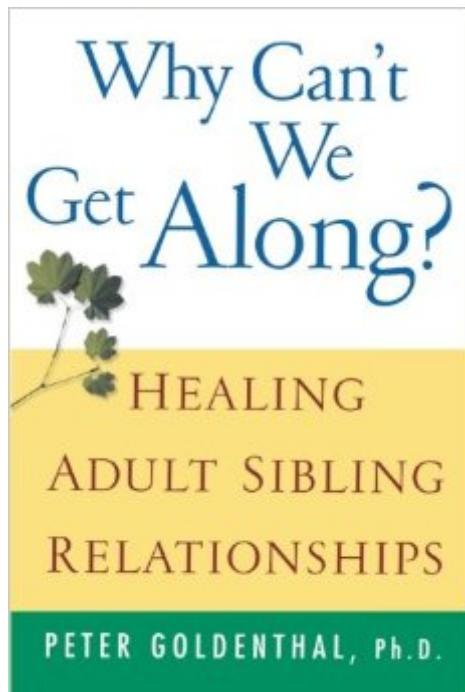


The book was found

# Why Can't We Get Along?: Healing Adult Sibling Relationships



## Synopsis

Praise for Peter Goldenthal's previous books: "[Dr. Goldenthal's] techniques...are presented with insight and clarity. This is a unique and valuable book." --William B. Carey, M.D., Clinical Professor of Pediatrics, University of Pennsylvania School of Medicine "Peter Goldenthal gives us new insights.... This is a must-read book." --Myrna Shure, Ph.D., author of *Raising a Thinking Child* Hasn't it gone on long enough the rivalry, the jealousy, the pent-up anger, and the grudges rooted in the past? In this book, renowned author and family psychologist Peter Goldenthal offers proven prescriptions for brothers and sisters who want to break through old, destructive patterns and create a richer, more loving, and more rewarding relationship with their adult siblings. Using dramatic case histories drawn from his own clinical practice, Dr. Goldenthal helps you understand why adult siblings fight. Warmly and insightfully, he presents practical techniques to: \* Communicate with and listen to your sibling \* Free yourself from past resentments \* Cope with your sibling's selfish or inconsiderate behavior \* Support and comfort a sibling who suffers from mood problems \* Manage a sibling's difficult personality \* Help your children avoid sibling problems Don't let old hurts and destructive behavior patterns overshadow the love you feel for your sibling. Read *Why Can't We Get Along?* and find the key to establishing warm and loving sibling relationships that will last a lifetime.

## Book Information

Paperback: 237 pages

Publisher: Wiley; 1 edition (April 5, 2002)

Language: English

ISBN-10: 0471388424

ISBN-13: 978-0471388425

Product Dimensions: 6 x 0.7 x 9.1 inches

Shipping Weight: 15.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â See all reviews Â (13 customer reviews)

Best Sellers Rank: #439,748 in Books (See Top 100 in Books) #159 in Books > Parenting & Relationships > Family Relationships > Siblings #534 in Books > Self-Help > Relationships > Conflict Management #588 in Books > Parenting & Relationships > Family Relationships > Conflict Resolution

## Customer Reviews

In *Beyond Sibling Rivalry*, family psychologist Goldenthal showed parents how to deal with feuding

children. Here, he directs his well-founded advice at adult siblings, but he lacks focus. While he does address some sibling-specific issues in core chapters (e.g., arguing that one doesn't need to be nice to family members simply because one is "stuck" with them), most of the content is applicable to all relationships. For example, Goldenthal talks about the importance of watching for nonverbal cues and wisely choosing one's battles. The most compelling part of the book is an appendix-like chapter that lists ways for parents to reduce sibling conflict. Overall, most of what Goldenthal covers can be found in other books on relationships. An optional purchase for public libraries. Copyright 2002 Cahners Business Information, Inc.

Praise for Peter Goldenthal's previous books: "[Dr. Goldenthal's] techniques...are presented with insight and clarity. This is a unique and valuable book." â "William B. Carey, M.D., Clinical Professor of Pediatrics, University of Pennsylvania School of Medicine "Peter Goldenthal gives us new insights.... This is a must-read book." â "Myrna Shure, Ph.D., author of *Raising a Thinking Child* Hasn't it gone on long enough?the rivalry, the jealousy, the pent-up anger, and the grudges rooted in the past? In this book, renowned author and family psychologist Peter Goldenthal offers proven prescriptions for brothers and sisters who want to break through old, destructive patterns and create a richer, more loving, and more rewarding relationship with their adult siblings. Using dramatic case histories drawn from his own clinical practice, Dr. Goldenthal helps you understand why adult siblings fight. Warmly and insightfully, he presents practical techniques to: Communicate with?and listen to?your sibling Free yourself from past resentments Cope with your sibling's selfish or inconsiderate behavior Support and comfort a sibling who suffers from mood problems Manage a sibling's difficult personality Help your children avoid sibling problems Don't let old hurts and destructive behavior patterns overshadow the love you feel for your sibling. Read *Why Can't We Get Along?* and find the key to establishing warm and loving sibling relationships that will last a lifetime.

[Download to continue reading...](#)

Why Can't We Get Along?: Healing Adult Sibling Relationships Sibling Revelry: 8 Steps to Successful Adult Sibling Relationships Adult Sibling Relationships Why Can't My Child Behave?: Why Can't She Cope? Why Can't He Learn? The Feingold Diet updated for today's busy families Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) SURVIVING THE DEATH OF A SIBLING: Living Through Grief

When an Adult Brother or Sister Dies What Do You Mean, You Can't Eat in My Home?: A Guide to How Newly Observant Jews and Their Less Observant Relatives Can Still Get Along Living with Depression: Why Biology and Biography Matter along the Path to Hope and Healing Why You Get Sick and How You Get Well: The Healing Power of Feelings The Sound of Music: Flute Play-Along Book/Online Audio Pack (Play Along (Williamson Music)) The Sound of Music: Violin Play-Along Volume 56 (Hal Leonard Violin Play-Along) Sondheim Broadway Solos Flute Book/CD Play-Along (Hal Leonard Instrumental Play-Along) West Side Story: Easy Piano Play-Along Volume 18 (Hal Leonard Easy Piano Play-Along) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) "Can We All Get Along?": Racial and Ethnic Minorities in American Politics (Dilemmas in American Politics) The Mother-in-Law Dance: Can Two Women Love the Same Man and Still Get Along? God's Help For Parents With Adult Children: Hope and Healing for Extended Family Relationships Adult Coloring Book: De-Stress: Adult Coloring Books (The Peaceful Adult Coloring Book Series)

[Dmca](#)