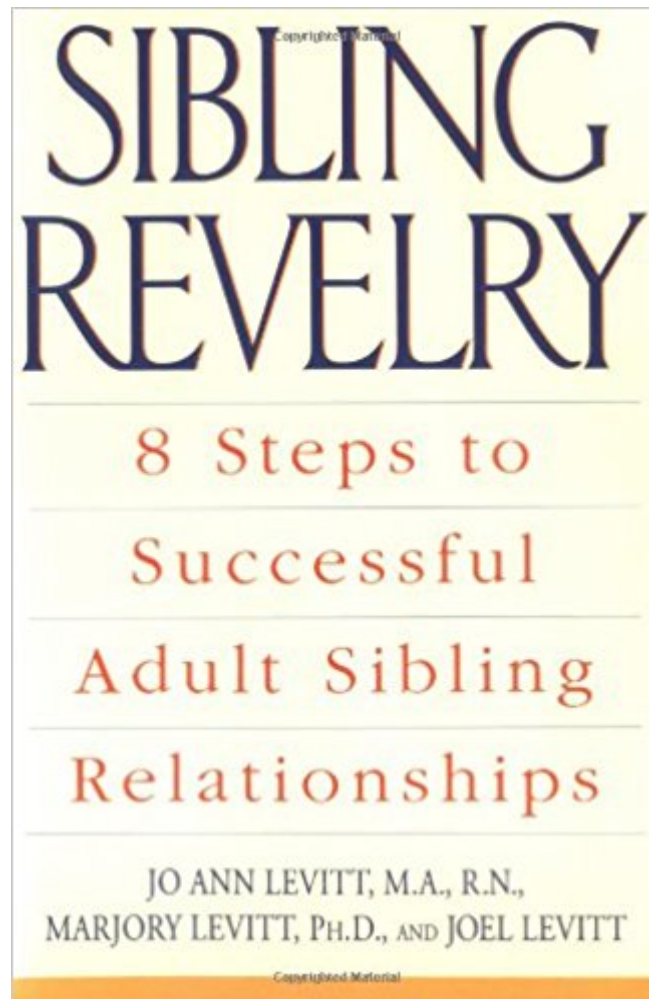


The book was found

Sibling Revelry: 8 Steps To Successful Adult Sibling Relationships



Synopsis

Experience the miracle of healing with a unique step-by-step program for enhancing adult sibling relationships — created by siblings for siblings. Much has been written about the relationships of parents and children. But the unsung chord in all of our adult relationships, professional and personal, is rooted in the sibling connection. In this extraordinary book based on their Sibling Revelry workshops, authors — and siblings — Jo Ann, Marjory, and Joel Levitt re-create the seminars that have helped many strengthen the bonds of their adult sibling relationships. In eight clearly focused steps, with added material for home study, the authors show how to transform sibling rivalry into extraordinary, nurturing adult bonds that will enhance all other relationships in your life. Now you can regain the closeness you and your siblings once shared, heal old wounds, and pave the way to a happier, healthier future. Learn how to:

- * Define your relationship —
- * Unload the myths of your shared past...and discover who you are to each other now
- * Witness the effect of old rivalries —
- * And use them as a springboard to great adult relationships
- * Envision a new future —
- * Break the habits that hold your relationship firmly in place...and create a powerful new vision for yourself and your family
- * Explore new modes of contact —
- * Examine the "role" you play in your family and free yourself from damaging old patterns
- * Heal wounds and misunderstandings —
- * Resolve old conflicts as you sort through old issues of fear, anger, guilt, and hurt
- * Invent new family legends —
- * Uncover the myths and legends that have shaped your relationship...then create new ones
- * Make room for differences —
- * Clear out "sibling clutter" and accept your siblings exactly as they are
- * Honor your strengths —
- * Celebrate the positive qualities each sibling brings to the relationship...and set the stage for a lifelong connection

Book Information

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Customer Reviews

Finally, a gentle and imaginative book about the vital, lifelong role we play in the lives of our brothers and sisters! The authors have succeeded in creating an exciting manual designed for both professionals and lay people. As a seasoned family therapist, I found the book packed with refreshing ideas and exercises presented with clarity, intelligence and humor. I felt as though the authors were personally supporting me as I sometimes struggled with the intensity of a concept and its applications to my work with a variety of clients; the authors anticipated my difficulties and, within a few pages, "guided" me through an impasse to the next level. In addition, I sent copies to my own siblings. This small act has already deepened our adult relations with each other and helped us communicate in more heartfelt ways across the miles. This guidebook is a joy to read (and implement) for anyone with a sibling who is beloved or despised, close or estranged. For family therapists, it's unquestionably a "must read."

A wonderful book on reconnecting with your adult siblings, by a team who oughta know--they're siblings themselves! I haven't seen any other books out there on the topic of grown-up siblings, and I found this to be a terrific resource as well as a good read and full of great tips and ideas.

This is a strategy that some siblings got together and decided on for themselves, and it may be helpful to other siblings. However, most of this book is geared to siblings who already get along well and can overcome difficulties in communication to begin with. It's an OK offering for sane families without much baggage.

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