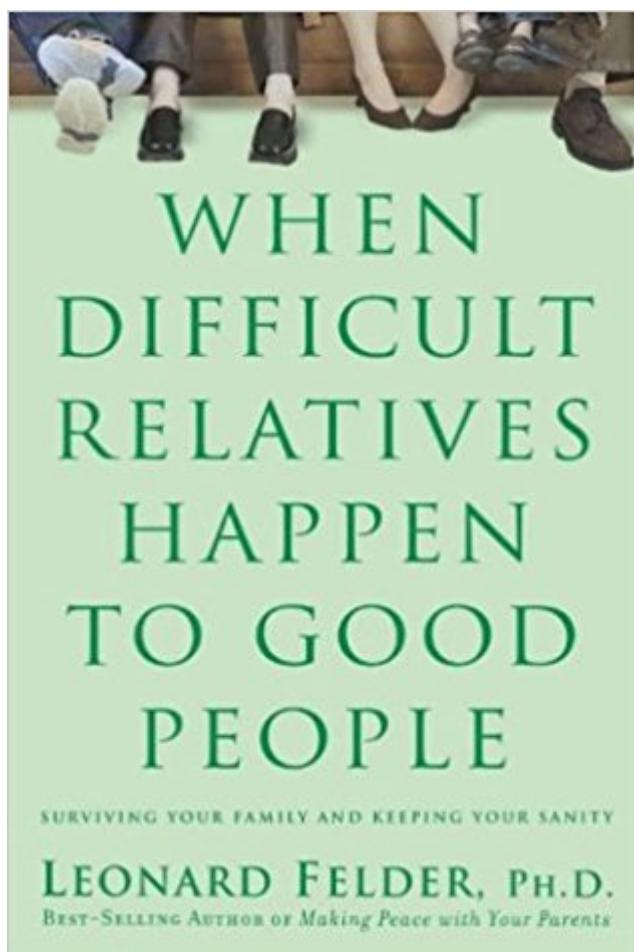


The book was found

# When Difficult Relatives Happen To Good People



## Synopsis

When Difficult Relatives Happen to Good PeopleFor every holiday, wedding, funeral, or birth of a child, families gather for what are supposed to be times of celebration or remembrance. But often these gatherings create more stress and conflict than joy and connection. When Difficult Relatives Happen to Good People speaks to those who look forward to family gatherings but also dream being around certain relatives. The opinionated aging parent, the bigoted uncle, the brother who drinks too much, the cousin who flaunts her money and status--all of these characters appear in the sometimes humorous but always instructive stories throughout this book. Based on years of researching family conflict, Dr. Felder offers practical advice about how to make the most of your heartfelt connections with the family members you love while staying clear of the toxic ones. Full of specific recommendations for every kind of family situation, from religious disagreements and sibling rivalries to drug, alcohol, and gambling problems, When Difficult Relatives Happen to Good People describes with witty, inspiring examples how to identify when to step in and when to step back, how to avoid feeling like a martyr, and how to stay relaxed in situations that once would have made you cringe.

## Book Information

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## Customer Reviews

Felder, a psychologist and author of Making Peace with Your Parents, notes that people can learn to live with their annoying and difficult relatives, but not by trying to change them. Instead, by figuring out what triggers certain behavior patterns, people can be more accepting and also devise

compromises. Using situations from his life as well as examples from his patients, Felder walks readers through the kinds of analysis and solutions they should seek. For example, one matriarch insists on serving Thanksgiving dinner late in the day, when some relatives have already drunk too much and the children are overtired. The woman insists this is the way the holiday has always been celebrated. Finally, her children ask her to try an "experiment" and for one year, start the dinner earlier. The evening turns out to be far more pleasant, and afterwards, relatives call, thanking her for such an enjoyable dinner. Another strategy favored by Felder is to find allies. A woman always has to listen to relatives talk about calories and dieting. She asks her grandfather to help her. He announces a moratorium on discussing food, and the family ends up having conversations about other matters. Felder's tips are practical as he offers specific suggestions on what to say, but what makes his approach so helpful is his assumption that there is no perfect resolution; instead, readers should aim for a middle ground. This is an excellent book for anyone looking for fewer arguments and less tension around family members. Copyright 2003 Reed Business Information, Inc.

"This book will be a huge help for everyone, and especially for the sensitive people found in all extended families. They are the ones most aware of the value of closeness, most diligent in their efforts to bring harmony, and most miserable around their family's not-so-sensitive, intrusive members. Felder helps us see how to have that cherished dream of family togetherness and our personal boundaries, too." --Elaine Aron, Ph.D., author of The Highly Sensitive Person "I love this book! Once again, Leonard Felder offers us deep awareness and profound help. When Difficult Relatives Happen to Good People is practical, clear, and compelling. There is much wisdom here to help you move out of being victimized by your relatives and into your personal power. I especially appreciate the union of psychology and spirituality."--Margaret Paul, Ph.D., author of Do I Have to Give Up Me to Be Loved by You?

Great Read! I purchased a second one for my sister

This is an intuitive and useful book! Makes you realize you are not the only one who experiences this, and offers suggestions to change "the dance!"

I loved this book. I grew tired of books that provided a lot of, excuse me, psycho babble which didn't help me deal w/relatives that drive me nuts or truly hurt me and I find impossible to be around. Dr. Felder's book provided insight into what I can do that is practical, and I feel even more importantly,

urged me to understand that changing my mean grandmother wasn't going to happen.. the only thing I could do was change how I let myself react.GET THIS BOOK BEFORE XMAS DINNER.

good reading

This book provides some insight into why some people behave badly, as they do, at family gatherings and the book offers suggestions to assist in the management of these social occasions. The most comforting information that I gained from this book is the knowledge that there are many other dysfunctional families like mine and as bad as mine. This book is worth a read, but I am not sure if the theoretical knowledge translates into practice and that is why I have only given it 3 stars. I don't have confidence putting theory into practice at the risk of creating world war 3.

I bought this book, hoping to get some definite ideas of how to deal with difficult people. It is so basic it could have been written by anyone who has a bit of common sense

I understand family and their weird ways a lot more. Simply written and described everything one goes through with family! Very good investment I made!!!!

This one didn't do it for me because it didn't help much with my problems. It seemed as though the problems discussed here were oversimplified and stereotypical and this book is written for those people whose problems are with family members they don't care much about -like annoying in-laws. There was some helpful info, but most of the book was not applicable to me. Mostly, it gave common sense, basic advice and offered nothing extraordinary. For instance, the book somewhere mentioned - If family gatherings are stressful for you, consider making them shorter or with less people. (I think anyone could tell you that.)

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