

# BOOKS WORTH READING

## Tips On Avoiding That Family Feud

(NAPSA)—You can pick your friends, but not your relatives. Family, contend the authors of a new book, is family for life. As such, they can be a source of joy, or a source of stress and confusion.

Whether it's the overbearing mother-in-law, the complaining uncle, the meddling parent, or just the sibling who annoys you at holiday gatherings, navigating these relationships successfully often calls for patience, insight and skill.

Fortunately, help is on the way. A new book offers expert advice on how to successfully deal with the behaviors and situations that families face.

*Dealing with Relatives (Even If You Can't Stand Them)* (McGraw Hill, \$12.95) offers skills to navigate—and survive—family gatherings and visits, and is written by the authors of the bestselling book *Dealing with People You Can't Stand*.

From the technique described as the Art of the Apology to the Obligation Checklist, the authors, Dr. Rick Brinkman and Dr. Rick Kirschner offer savvy advice and quick wit, along with new insights, anecdotes and appealing cartoons.

The book is divided into four sections. The first, Meet the Relatives, includes eight family fables and a Lens of Understanding into the motives for the “eight by fate” behaviors that make for difficult



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relations.

The second part is Family Camp, with a basic set of communication skills that include how to handle guilt, criticism, bossing, boasting, rebellion, shyness and interference.

A third section, Family Gatherings, offers the rules of non-engagement, along with support strategies for dealing with special situations, such as reunions and holiday gatherings.

The fourth and final section discusses specific options for dealing with the General, the Judge, the Pleaser, the VIP, the Rebel, the Martyr, the Meddler and the Mystery.

Authors, speakers, and naturopathic physicians, Brinkman and Kirschner are both married, have children, and live in Oregon.

To learn more, visit the Web site at [www.DealingWithRelatives.com](http://www.DealingWithRelatives.com).