

# 《Dealing With Relatives》

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## 编辑推荐

Do any of these characters sound familiar?

The Mystery

The General

The Rebel

The VIP

The Meddler

The Pleaser

The Judge

The Martyr

Whoever they may be in your family--mother or father, sister or brother, aunt, uncle, or in-law--you'll find them analyzed here in *Dealing with Relatives*. Written in an informative yet entertaining style, the book is filled with insights, anecdotes, stories, and cartoons to help you find out not only what's behind your relatives' difficult behavior, but also how to respond effectively.

This book will help you cope with uncomfortable feelings, irritating personalities, and even explosive situations. You'll learn how to prepare for family gatherings, avoid conflict when relatives trigger strong emotions, and how to free yourself from feelings of obligation and resentment. With the strategies in this book, you be able to say what's on your mind in firm (but non-threatening) language, and stand up to your relatives (even if you can't stand them)!

## 内容简介

The companion to the bestselling *Dealing with People You Can't Stand*.

Whether it's the overbearing mother-in-law, the complaining uncle, or just the brother who annoys you at Thanksgiving, here is expert advice on how to successfully deal with every kind of behavior or situation that families face.

Divided into three essential sections: Basic Training, Types of Behavior, and Tough Situations, *Dealing with Relatives* covers all the skills required to navigate and survivedreaded gatherings and excruciating visits. From learning "The Art of the Apology," to understanding the personality types common to most families, Drs. Rick and Rick come to the rescue once again by applying their winning combination of savvy advice and quick wit, along with new insights, anecdotes, and appealing cartoons.

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作者简介： Dr. Rick Kirschner and Rick Brinkman are naturopathic physicians, professional speakers, and trainers who perform more than 150 programs a year all over the world. They are coauthors of the bestselling *Dealing with People You Can't Stand* as well as of numerous bestselling and award-winning audio and video programs.

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