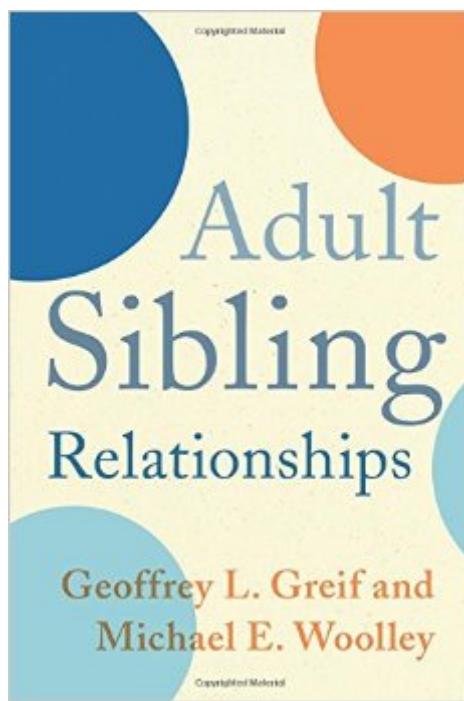


The book was found

# Adult Sibling Relationships



## **Synopsis**

The bond siblings develop in childhood may be vastly different from the relationship that evolves in adulthood. Driven by affection but also characterized by ambivalence and ambiguity, adult sibling relationships can become hurtful, uncertain, competitive, or exhausting though the undercurrents of love and loyalty remain. An approach that recognizes the positive aspects of the changing sibling relationship, as well as those that need improvement, can restore healthy ties and rebuild family closeness. With in-depth case studies of more than 260 siblings over the age of forty and interviews with experts on mental health and family interaction, this book offers vital direction for traversing the emotional terrain of adult sibling relations. It pursues a richer understanding of ambivalence, a normal though little explored feeling among siblings, and how ambiguity about the past or present can lead to miscommunication and estrangement. For both professionals and general readers, this book clarifies the most confounding elements of sibling relationships and provides specific suggestions for realizing new, productive avenues of friendship in middle and later life—skills that are particularly important for siblings who must cooperate to care for aging parents or give immediate emotional or financial support to other siblings or family members.

## **Book Information**

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## **Customer Reviews**

For decades, Dr. Geoffrey Greif has written and co-authored some of the most well-written, accessible, and valuable books on subjects including single male parents, relationships between divorced spouses, the dynamics and types of friendships among males, and the surprising

complexity of relationships between couples and other couples. His books are important contributions to scholarship, and to family and individual mental health practitioners, but are also fascinating reads for the layperson. This may be his most interesting, and is certainly among his most valuable books, facilitated by the creative and crucial studies by Professor Woolley. The lessons and advice here can benefit siblings of any age---e.g., "how ambiguity about the past or the present may lead to miscommunication and distancing", and "siblings may have to let go of past slights, injustices, favoritism, and hurts in order to build a relationship." The Case Studies were very useful, and I found other chapters--- on the perceived impact of parents, and when sibling relationships are in serious trouble, as well as the final chapter on looking forward to fostering better sibling relationships, particularly valuable.

I have enjoyed reading this book; it is insightful and has given me much information about why my sibs and I relate to each other and in the world the way we do. I am one who likes to know how birth order and family of origin issues affect us in the world and with each other. This book is one I can recommend to help provide a useful perspective.

Great read on a topic not many write about! Look forward to more from these authors.

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