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When Difficult Relatives Happen to Good People

Leonard Felder Ph.D.

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For 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.

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