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# Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too

By Adele Faber, Elaine Mazlish



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**Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too** By Adele Faber, Elaine Mazlish

**The #1 *New York Times* best-selling guide to reducing hostility and generating goodwill between siblings.**

Already best-selling authors with *How to Talk So Kids Will Listen & Listen So Kids Will Talk*, Adele Faber and Elaine Mazlish turned their minds to the battle of the siblings. Parents themselves, they were determined to figure out how to help their children get along. The result was *Siblings Without Rivalry*. This wise, groundbreaking book gives parents the practical tools they need to cope with conflict, encourage cooperation, reduce competition, and make it possible for children to experience the joys of their special relationship. With humor and understanding?much gained from raising their own children?Faber and Mazlish explain how and when to intervene in fights, provide suggestions on how to help children channel their hostility into creative outlets, and demonstrate how to treat children unequally and still be fair. Updated to incorporate fresh thoughts after years of conducting workshops for parents and professionals, this edition also includes a new afterword.



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### Editorial Review

#### Amazon.com Review

Sibling relationships are often fraught with rivalry, jealousy, bitterness, and violence, and the older kids get, the worse the problems seem to get. Sibling strife can be agony for the parents, and few are prepared for the intensity of the battles and emotions that their kids have with each other. The title, *Siblings Without Rivalry* promises a lot, and Adele Faber and Elaine Mazlish (coauthors of *How to Talk So Kids Will Listen and Listen So Kids Will Talk*) deliver the goods: a positive approach and specific techniques to help bring peace and cooperation into your home.

*Siblings Without Rivalry* is organized by sections: the importance of expressing hostile feelings, the perils of comparisons, teaching kids to work out conflicts on their own, and what to do when they fight. The "Reminder" pages, humorous examples that ring true, and great cartoons by Kimberly Ann Coe all make this book an easily accessible resource. Faber and Mazlish will help you understand sibling rivalry from the inside out, and you'll gain insight on your relationships with your own siblings, as well.

#### From Library Journal

Disciples of the late Haim Ginott, a child psychologist, Faber and Mazlish have conducted workshops on family relationships and co-authored *Liberated Parents, Liberated Children* (Avon, 1975) and *How To Talk So Kids Will Listen and Listen So Kids Will Talk* (Rawson Wade, 1980). The present book states that sibling rivalry stems from jealousy similar to that a spouse might feel if asked to welcome another husband or wife into the household. It outlines ways to defuse such explosive situations as comparing, assigning roles, or taking sides and suggests specific remedies to avoid conflict. Cartoon-like illustrations and "quick reminders" help reinforce new behavior. A welcome assist over the rough times that too often leave lifetime scars. Suzanne Druehl, Little Rock Public Library, Ark.

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#### Review

"A very human book about one of the toughest problems parents have to handle." -- --*Dr. Benjamin M. Spock*

"Have I got a book for you! Run, don't walk, to your nearest bookstore." -- --*Ann Landers*

### Users Review

#### From reader reviews:

##### Zachary Mason:

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**Willie Kelly:**

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**Carrie Mathis:**

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**Joseph Mitchell:**

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