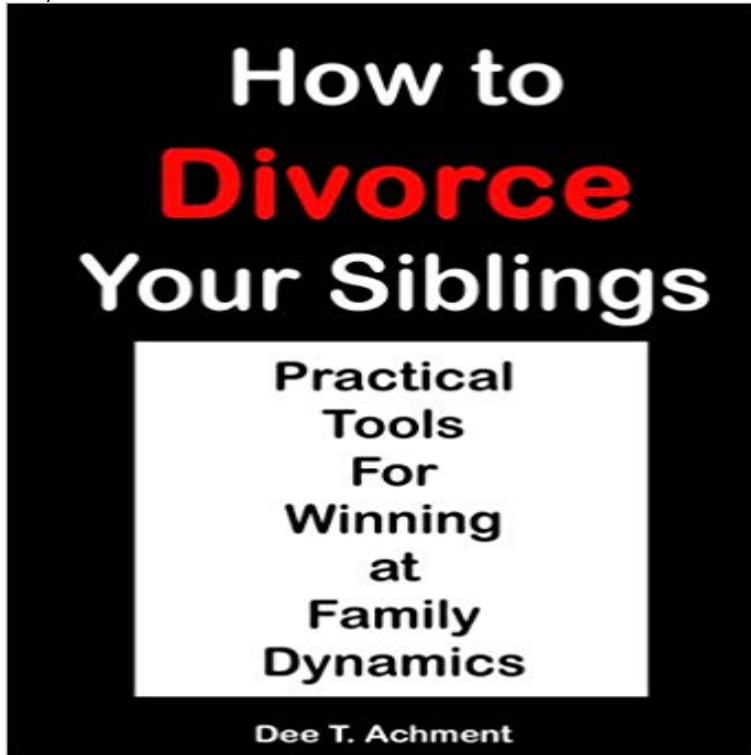


## How to Divorce Your Siblings: practical tools for winning at family dynamics



This book is dedicated to every person out there who has ever had a sibling drive you completely crazy... Inside How to Divorce Your Siblings are practical coping tools - new perspectives and even a couple of games that you can play with your siblings to keep them off your back and help you retain your sanity at the same time.

Coming from a large family where almost no one speaks to each other civilly anymore, I've had to develop a few coping mechanisms and I share them here in this book with you. I am remaining anonymous through the publication process, and yet even so, there are a few things I will tell you about myself to help you understand who I am and why I feel I could write a book that could help others with their relationship problems with their siblings. However, first I must give a disclaimer. I am not a trained psychologist. What I've learned about relationships I've learned through the school of life. But I am a trained observer and I can quickly and easily step back from a situation and see it from a detached perspective. This talent has been an asset in both my private and professional lives. I'm the youngest girl of several siblings and as such have felt I've been forced to take the brunt of their abuse for many years. I hope no one interprets this book as revenge or retribution on them. I have gone to great lengths to protect their identities. This book is about helping others who are in dysfunctional family relationships manage more easily and make their own lives more enjoyable as I have been able to do. In a list of rules called The Simple Rules of Life,, rule 4 says, A lesson is repeated until it is learned. So, I want to help others learn these family interaction life lessons so that they can move on from them, to bigger and better things - like getting on with your own life...

I have divorced my siblings, and it does feel good now, when someone says, Isn't he your brother? I can answer, No, he's my

ex-brother. Everyone gets what I mean right away, most of them laugh and most of the ones who thought it was funny, start saying the same thing about some of their siblings... Im not trying to break up any families here, but potentially inside any family structure there are relationships that can be potentially toxic. Those are the relationships that need to be shaken up and I hope these tools will enable those embroiled in those types of relationships, to make, find and keep the peace - at least, for themselves.

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