



# Going Home without Going Crazy: How to Get Along with Your Parents & Family (Even When They Push Your Buttons)

*Andra Medea*

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Head Off Conflict Right at the Door

Conflict-Management Tips for Every Family Visit

For many of us, walking through the door of our parents' home is like stepping back in time. We leave our independent adult lives out on the sidewalk and resume our old roles-with all the emotional baggage that goes with them. Instead of enjoying a time of togetherness and connection, most of us spend holidays and homecomings torn between resentment and sadness. But author Andra Medea, a renowned conflict management expert, believes that you can go home without going crazy, if you learn how to solve conflicts here and now. This good-natured and humorous book offers a creative variety of strategies for making it happen.

Inside, you'll learn how to use the four-level conflict continuum to understand conflict within your family and work toward resolution. From petty bickering to hurtful remarks to naked aggression, each level of conflict requires a unique approach. With these ideas in mind, you can use the book's other techniques to deal with anger and resentment, communicate more effectively, and strengthen relationships with family members. And did we mention in-laws? In the end, you'll find that you can reconnect to your family as often as you like-without going crazy.

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