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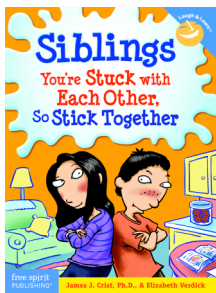


Meeting kids' social,
emotional & educational
needs since 1983

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**SIBLINGS:
YOU'RE STUCK WITH
EACH OTHER,
SO STICK TOGETHER**

by James J. Crist, Ph.D.,
and Elizabeth Verdick

*“Crist and Verdick deliver
straightforward, solution-
oriented strategies.”*

—Christopher Haley,
Psy.D., and Tony
Di Francesco, Ph.D.,
owners, Psychological &
Life Skills Associates

When Brothers Drive You Bonkers and Sisters Make You Scream, Here's Help

For
Immediate
Release!

**“A ‘must read’ for children (and their parents).”—Cathi Cohen, LCSW,
author of *Raise Your Child's Social IQ: Stepping Stones to People Skills
for Kids***

Minneapolis, MN—Brothers and sisters can be your biggest allies—or your biggest headache—especially when you're a tween. Sibling rivalry is nothing new, but what can kids do to build more harmonious relationships with their sibs?

SIBLINGS: YOU'RE STUCK WITH EACH OTHER, SO STICK TOGETHER (Free Spirit Publishing, \$8.95) by James J. Crist, Ph.D., and Elizabeth Verdick teaches kids how to deal with common conflicts and stressors, including special situations such as siblings with special needs, step-siblings, and adopted siblings. Part of Free Spirit's award-winning Laugh & Learn™ series, the book features full-color illustrations and humorous, kid-friendly text to help adolescents find solutions.

Brothers and sisters can make for great mentors, friends, and confidants, and it's nice to have someone who'll love you no matter what. But kids know that real-life sibling relationships can be trying when problems of fairness, jealousy, conflict, tattling, privacy, and other annoying things come up—and they usually do. **SIBLINGS** empowers boys and girls to look at their own behavior and think about changes *they* can make to improve things at home. The inviting, lighthearted approach will keep kids laughing while they learn reliable techniques for keeping the peace.

The book is loaded with specific ways to increase bonding and improve sibling relationships:

- 7 Super Things About Sibs
- How Birth Order Affects Your Relationships
- Top 10 Sticky Situations and Survival Secrets
- 5 Ways to Forge a Fabulous Friendship
- Stick Together! (Bonding as Sibs)
- A Note for Parents and Caregivers
- and much more

Written by a trusted author team, **SIBLINGS** focuses on building positive sibling relationships, rather than just dissecting sibling rivalry. After all, the relationship kids have with their sibs may be the longest relationship they ever have: why not learn to get along for all the years to come?

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SIBLINGS: YOU'RE STUCK WITH EACH OTHER, SO STICK TOGETHER

By James J. Crist, Ph.D., and Elizabeth Verdick

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• color illust. • 5 1/8" x 7" • for ages 8–13

About the Authors



Dr. James J. Crist, Ph.D., is a psychologist specializing in children with ADHD, depression, and anxiety disorders. He is the clinical director and a staff psychologist at the Child and Family Counseling Center in Woodbridge, Virginia, where he provides psychological testing and individual, couples, and family psychotherapy for children, adolescents, and adults. He also is the author of *Mad, What to Do When You're Sad & Lonely*, and *What to Do When You're Scared & Worried*.



Elizabeth Verdick is a children's book writer and editor. She has written many books in the award-winning Best Behavior™ and Toddler Tools™ series, including *Words Are Not for Hurting*, *Tails Are Not for Pulling*, *Germs Are Not for Sharing*, *Listening Time*, and *Sharing Time*. She also is a coauthor for The Adding Assets Series for Kids. She lives in Minnesota with her husband and their two children.



About Free Spirit Publishing (www.freespirit.com)

Meeting kids' social, emotional, and educational needs since 1983

Headquartered in Minneapolis, Minnesota, Free Spirit is the leading publisher of learning tools that support young people's social-emotional health and educational needs. Free Spirit's mission is to help children and teens think for themselves, succeed in life, and make a difference in the world.