

## Managing Family Conflict – References & Resources

- Felder, L. (2003) When difficult relatives happen to good people: Surviving your family and keeping your sanity.
   Rodale Books.
- Haupt, A. (2023) How to set boundaries with relatives, according to family therapists. The Times. https://time.com/6331383/how-to-set-boundaries-family/?utm\_source=pocket-newtab-en-gb
- Newton, D. (2023) Sandwich generation: Don't forget about your mental health. Psychology Today. <a href="https://www.psychologytoday.com/intl/blog/the-courage-of-connection/202311/sandwich-generation-dont-for-get-about-your-mental-health">https://www.psychologytoday.com/intl/blog/the-courage-of-connection/202311/sandwich-generation-dont-for-get-about-your-mental-health</a>
- Perry, B. & Winfrey, O. (2023) What happened to you? Conversations on trauma, resilience, and healing. Flatiron Books: An Oprah Book.
- Ruben, A. (2015) Do you buy what I buy? Adam Ruben is at a loss when it comes to buying Christmas gifts
  [Podcast] The Moth. <a href="https://themoth.org/stories/do-you-buy-what-i-buy">https://themoth.org/stories/do-you-buy-what-i-buy</a>