



Refrigerator Rights: Creating Connections and Restoring Relationships

Will Miller, Glenn Sparks

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This important book explores the metaphorical message that "refrigerator rights" stands for the kind of closeness we have with people in our lives—friends, family, spouses. How many people can walk into our homes and just open up the fridge and help themselves? Only the people closest to us. Dr. Will Miller with Glenn Sparks, Ph.D. propose that most of us have very few people in our lives that can do this. They identify three factors that contribute to the lack of intimate connections we have with people: increased mobility away from our extended family, emphasis on individualism, and emotionally numbing media distractions.

Advocating a change of lifestyle to create essential relationships, this book offers specific suggestions for:

- € Reaching out beyond one's immediate family
- € Balancing self-care and care for others
- € Re-establishing vital social networks

This timely, important book shows readers how to break out of their isolation booths to create the kind of relationships that strengthen, support, and satisfy their souls.

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