



# Refrigerator Rights: Creating Connections and Restoring Relationships - new preface

*Will Miller, Glenn Sparks*

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Could a simple test involving your refrigerator reveal why Americans have so many problems with depression, loneliness, and marital discord? To Dr. Will Miller and Dr. Glenn Sparks, the answer is "absolutely yes!" In fact, they argue, our constant mobility and our growing addictions to media of all types get in the way of the close relationships we all need to be emotionally healthy. In essence, they ask "how many people in your life are comfortable opening your refrigerator to get a drink or something to eat without asking your permission first?" This comfort level - relationships with refrigerator rights - is the key to our physical and emotional health. This inspirational book is based on the latest research and its message is delivered with good humor, passion and compassion. Miller and Sparks believe we can all achieve peace of heart by inviting more people into our lives.

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