



# Refrigerator Rights: Creating Connections and Restoring Relationships

By Dr. Will Miller, Dr. Glenn Sparks

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**Refrigerator Rights: Creating Connections and Restoring Relationships** By Dr. Will Miller, Dr. Glenn Sparks

“Could a simple test involving your refrigerator reveal why Americans have so many problems with depression, loneliness, and marital discord? ... A new book that examines the loss of deep, supportive relationships in America.” — The Indianapolis Star

“Intriguing.” — The Tennessean

“The authors explore how unfortunate contemporary realities—frequent relocations, obsessive focus on careers, and too much time spent with electronic media—can erode these relationships. They offer guidance on how to reverse this trend and nurture such critical association ... Miller and Sparks call attention to an important issue.” — Publishers Weekly

“[The authors] have found a new metaphor that expresses the isolation and unfamiliarity most of us feel in our society.” — Morning Call (Allentown, Pennsylvania)

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How many people in your life have refrigerator rights?

- How many people are you really, truly, connected to—not by social media, email, or phone, but by human interaction and a solid social support system?
- Has relocating left you isolated from your core family and friends??
- Is the lack of close relationships ruining your emotional and physical health?

Dr. Will Miller and Dr. Glenn Sparks have determined “the core challenge to our sense of contentment is in our lifestyle.” They offer the concept of REFRIGERATOR RIGHTS—the importance of having people in your life who can literally help themselves to the contents of your refrigerator without needing your permission.

Understanding REFRIGERATOR RIGHTS can help you:?

- Relieve stress
- Reduce feelings of depression
- Develop meaningful connections

The Facts Will Change Your Life!

This 2nd edition of REFRIGERATOR RIGHTS includes dramatic, updated studies that reveal how our fast-paced, technology-driven culture has further impacted our close relationships and increased our need for friends who enjoy refrigerator rights in our homes.

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## **Refrigerator Rights: Creating Connections and Restoring Relationships By Dr. Will Miller, Dr. Glenn Sparks Bibliography**

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