

My Dearest Enemy, My Dangerous Friend: Making and Breaking Sibling Bonds



Stories about siblings abound in literature, drama, comedy, biography, and history. We rarely talk about our own siblings without emotion, whether with love and gratitude, or exasperation, bitterness, anger and hate. Nevertheless, the subject of what it is to be and to have a sibling is one that has been ignored by psychiatrists, psychologists and therapists. In *My Dearest Enemy, My Dangerous Friend*, Dorothy Rowe presents a radically new way of thinking about siblings that unites the many apparently contradictory aspects of these complex relationships. This helps us to recognise the various experiences involved in sibling relationships as a result of the fundamental drive for survival and validation, enabling us to reach a deeper understanding of our siblings and ourselves. If you have a sibling, or you are bringing up siblings, or, as an only child, you want to know what you're missing, this is the book for you.

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