



# **The Mother-in-Law's Manual: Proven Strategies for Creating and Maintaining Healthy Relationships with Married Children**

*Susan Abel Lieberman PhD*

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Drawing on real-life personal experiences as well as sage advice from other mother-in-law veterans, this resource outlines proven strategies for creating and maintaining healthy relationships with married children. Key tips include how to manage expectations from the outset, how to reduce conflict and increase contentment by realizing that love does not have to be competitive, how to speak authentically without hurting feelings, how to effectively employ humor, and learning to realign focus on the happiness of the whole family. This insightful manual will help any mother-in-law find fulfillment while gracefully transitioning into this role.

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