



Refrigerator Rights: Creating Connection and Restoring Relationships, 2nd edition

Will Miller, Glenn Sparks

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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. Dr. Will Miller is a psychotherapist, lecturer, and popular speaker for corporations and organizations. He is currently an adjunct professor in the Brian Lamb School of Communication’s online Graduate Program at Purdue University and was spokesperson for the National Institute on Mental Health’s Campaign on Depression Awareness. A former stand-up comedian, he has been a TV host on NBC and an on-air spokesperson for Nick-at-Nite. Dr. Glenn Sparks is a professor in the Brian Lamb School of Communication at Purdue University and one of our nation’s leading experts in the study of how our media- saturated culture is affecting us. He has conducted groundbreaking research, including over 70 scholarly publications and has a leading textbook on media effects (Media Effects Research: A Basic Overview). He is now in his 30th year of teaching at Purdue.

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