

Just for Fun- Fiction with Therapeutic Themes

Contributed by Laurie B. Freeman

The Art of Mending, by Elizabeth Berg. This is a bit of a girl's book, but a wonderful study of family dynamics. One of the highlights is how it dealt with a family secret in a balanced manner that allowed us to see the roles and perspectives of all the roles in the family. There was no single "bad guy" in the family, just a system at work. This is how it often is in families. There might be one person who seems to have "the problem" but everyone in the system contributes in his or her own way.