



# Refrigerator Rights: Our Crucial Need for Close Connection

*Dr. Will Miller*

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# Refrigerator Rights: Our Crucial Need for Close Connection

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## **Refrigerator Rights: Our Crucial Need for Close Connection** Dr. Will Miller

How many people in your life have "refrigerator rights?" You know who they are for you. They can open your fridge and make themselves a sandwich. How many people who are close by you are actually close to you? This paradigm-shifting book, full of leading-edge research, reveals an enormous, yet unrecognized crisis. Our constantly plugged in, increasingly isolated, regularly relocating lifestyles leave us with little opportunity to maintain the community that we need-leading research shows that the lack of close relationships to family and friends is ruining our emotional and physical health. Understanding the facts from Refrigerator Rights will help you: ? Relieve stress ? Lessen feelings of depression ? Reduce emotional pressure in your marriage ? Develop meaningful connection Find out how! This 3rd edition is Updated and Expanded with a New Chapter and New Questions for Group Discussion or Personal Reflection. Coauthor Will Miller, Ed.D., is a psychotherapist who lectures, and serves as a police & hospital chaplain and campus minister at Purdue University. A former stand-up comedian, he also hosted NBC's "The Other Side," and Nick-at-Night's "Why We Watch." Will has discussed Pop Culture on the Today show, Good Morning America, Larry King Live, and The O'Reilly Factor. He is the author of the satirical book Why We Watch: Killing the Gilligan Within, and has been a regular contributor to Premiere Radio & Entertainment Weekly. Coauthor Glenn Sparks, Ph.D., is professor of communications at Purdue University. He has studied the effects of media for more than 25 years, and is recognized as one of the top scholars in the world in the area of the effects of media technology on relationships. Glenn is author of the widely-used college text, Media Effects Research: A Basic Overview (Wadsworth, 2006). ...A must read for every person seeking to build true community." -Dr. Henry Cloud, author of Boundaries and Safe People

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