

"This is like no self-help book you have ever read. It's highly original and grounded in practical reality. Its focus is deeply personal while also shedding light on our larger culture. The authors come across like the kind of people they are helping others to become: gracious and powerful, smart and humble, connected to others, and fully themselves."

—WILLIAM J. DOHERTY, PH.D., professor and director of the Minnesota Couples on the Brink Project at the University of Minnesota and author of *Take Back Your Marriage*

"... our genetic survival will depend on human beings who cooperate, care for one another, and who have the capacity for limbic resonance, rather than just pursuing more and more stuff to try to fill the hole in their soul."

America, and many other nations, is so out of balance that we are too often confused by who is "the victim" and who is "the perpetrator." Those who are too "nice" get exploited, and those who are too "mean" get what they want at others' expense. From their ecological-systemic perspective, psychologists John and Linda Friel explain the role of evolution, genetics, and biology; personal, marital, and family dynamics; and cultural and political forces in creating a society that is riddled with entitlement, narcissism, incivility, fake self-esteem, and a disturbing lack of basic knowledge. They show how and why this must change for our very survival. You'll discover:

- There is a genetic link between how much we contribute to charities, whether we are liberal or conservative, how many risks we take, and how tolerant we are of others.
- The U.S. divorce rate is very high in southern states that do not support gay marriage, and lowest in northeastern states which do support gay marriage.
- The term "American exceptionalism" was coined by Soviet Communist Party leader Joseph Stalin.
- Why conflict can be a life-enhancing part of relationships.
- Why the opposite of dysfunctional is dysfunctional. One who is hyper-independent is just as dependent and needy as one who is clingy and helpless.
- Why not always getting along with a family member is normal; and why not speaking to them for years is *not* normal, and is destructive to all members of that family.
- Why allowing disappointment to enrich your life is one of the keys to happiness.

And, why any system in nature—the solar system, to a system of work-mates in a work-group in from corporation will never change until there is a disturbance in the system. This provocative book will show you how to navigate those changes by bringing your best self forward.

JOHN C. FRIEL, PH.D., AND LINDA D. OLUND FRIEL, M.A., are internationally recognized authors and skilled clinicians and *New York Times* bestselling authors of over 500,000 books.

\$14.95 US

 **Health Communications, Inc.**<sup>®</sup>  
www.hcibooks.com

Self-Help/Improvement

ISBN-13: 978-0-7573-1576-3

ISBN-10: 0-7573-1576-3



THE POWER AND GRACE  
BETWEEN NASTY AND NICE

Replacing Entitlement, Narcissism,  
and Incivility with Knowledge, Caring,  
and Genuine Self-Esteem

John C. Friel, Ph.D.  
Linda D. Olund Friel, M.A.



"The Friels make powerfully helpful ideas readily accessible to couples in highly readable form. It's a useful guide offering a healthy balanced perspective on the joys and pains of love relationships. Their years of experience working with couples are evident in their compassionate wisdom."

—DAVID SCHNARCH, PH.D.

Author, *Intimacy & Desire* and *Passionate Marriage*

# THE POWER AND GRACE

BETWEEN

# NASTY OR NICE

*Replacing Entitlement, Narcissism,  
and Incivility with Knowledge, Caring,  
and Genuine Self-Esteem*



JOHN C. FRIEL, PH.D.  
LINDA D. OLUND FRIEL, M.A.

*New York Times* Bestselling Authors of *The 7 Worst Things Good Parents Do*

