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**FOR IMMEDIATE
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**SISTERS AND BROTHERS EVERYWHERE—
COME ON, GET HAPPY!**

Fact: People with siblings report higher life satisfaction and lower rates of depression in their later years. Now there's a new book that will help middle-aged and older adults make the most of those sibling connections.

It's true. Having sisters and brothers does have positive effects for older adults. But it's also true that during the early and middle years of adulthood many siblings lose touch with their sisters and brothers. The new book [*Sisters and Brothers All These Years: Taking Another Look at the Longest Relationship in Your Life*](#) by Lillian S. Hawthorne (VanderWyk & Burnham, \$9.95 paperback) is just the answer to help middle-aged and older adults rediscover those relationships.

[*Sisters and Brothers All These Years*](#) is a heartfelt look at the dynamics of lifelong sibling relationships with a special focus on their meaning in later years. The author's insights will remind people of the value and significance of their own sibling connections—often the most lasting bonds in a person's life.

Hawthorne's book could not come at a better time. Today there are 35 million older Americans, and most of them have brothers and sisters. And since they have a longer life expectancy than ever before, these vibrant individuals will have the opportunity to enjoy their sibling relationships for many years to come.

The book's special features add to its quality. Personal stories by older siblings serve as a window into the readers' own relationships. A list of thoughtful guidelines for building bridges between siblings will help the readers stay connected with their sisters and brothers.

[*Sisters and Brothers All These Years*](#) is available at bookstores or by calling 800-789-7916.

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ABOUT THE AUTHOR

Lillian S. Hawthorne has enjoyed a 20-year career as a clinical social worker and university professor of social work. Her professional experience includes research on the aging process and sibling relationships. In addition, she has served as a consultant to various counseling programs. This is her second book.

***Sisters and Brothers All These Years:
Taking Another Look at the Longest Relationship in Your Life***

by Lillian S. Hawthorne

Published by VanderWyk & Burnham

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Media may receive a review copy of this book by sending an e-mail to info@vandb.com or calling 1-800-789-7916.

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