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Evan Imber-Black, Janine Roberts
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RITUALS FOR OUR TIMES

*Celebrating, Healing, and Changing
Our Lives and Our Relationships*



EVAN IMBER-BLACK, Ph.D.,
AND JANINE ROBERTS, Ed.D.

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Evan Imber-Black, Janine Roberts : Rituals for Our Times: Celebrating, Healing, and Changing Our Lives and Our Relationships (Master Work Series) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Rituals for Our Times: Celebrating, Healing, and Changing Our Lives and Our Relationships (Master Work Series):

1 of 1 people found the following review helpful. An unfortunately fluffy title for a book of substance. By Reader An approachable and down-to-earth look at some of the baggage (good and bad) we carry around about holidays, celebrations and traditions. While it can get very repetitive in some places and some of the examples are dated, it is good material for facilitating discussion. So many of us go through the motions mindlessly or, worse, with some resentment. This offers options for how to look at changing what isn't working anymore into something that has meaning. Despite its publication date, there is still much relevant material in the book. 0 of 0 people found the following review helpful. A good description of rituals in family life. By Sarah This easily read book is filled with wonderful stories which remind us of how powerful even very simple rituals can be for families. Although the word "healing" is in the title this is not a self help book. It is really a description of many of the daily activities that we may not think of as rituals, and how to make them memorable. 19 of 22 people found the following review helpful. Explores the importance and value of secular rituals. By Joan Mazza a review from the author of DREAMING YOUR REAL SELF: A PERSONAL APPROACH TO DREAM INTERPRETATION; and DREAM BACK YOUR LIFE: A PRACTICAL GUIDE TO DREAMS, DAYDREAMS, AND FANTASIES. RITUALS FOR OUR TIMES is a well-written and lucid description of the importance of rituals in our lives, regardless of one's spiritual beliefs. In modern, Western, secular culture, many of us have forgotten the value of marking life passages in ways that speak to our individual needs. Well-organized and well-written, with helpful questions to guide us through planning a ritual and whom to include, RITUALS FOR OUR TIMES brings us back to the power and pleasure of even everyday rituals. Through their suggestions, we learn how we can plan rituals with forethought and conscious choice and without rigidity to old ways that no longer work. With touching stories, authors Imber-Black and Roberts demonstrate the potency of ritual to facilitate growth and resolve conflicts--old and new.

Authors Evan Imber-Black and Janine Roberts show how we can learn to tap the power of rituals to mark transitions, express important values, heal the past, and deepen relationships. Each chapter looks at the special issues and possibilities for nuclear, extended, single-parent, and remarried families, as well as for single adults and couples. The authors also pay particular attention to how changing gender roles are reflected in our rituals, and how revitalized traditions can actually alter the course of intimate relationships. Filled with first-person stories and practical examples, this book will help all readers enhance the meaning of traditions old and new, reinforcing and celebrating life's many milestones and ties.

From Publishers Weekly The coauthors of *Rituals in Families and Family Therapy*, both of whom head family therapy programs--Imber-Black at the Albert Einstein College of Medicine in New York City, Roberts at the University of Massachusetts--contend that rituals are essential to social growth, as they help individuals to develop personal identities and provide families with frameworks through which to maintain and strengthen their relationships. While leaving room for adapting or creating new rituals in accord with differing family compositions, customs and cultural heritages, the authors of this notably jargon-free psychological study offer practical advice on how to best use words and symbols to create special events through which to celebrate life's continuity, rhythmic cycles and changes from birth to death. They also explain how such everyday rituals as meals and bedtimes "shape, capture, and express relationships." Illustrations not seen by PW. Copyright 1992 Reed Business Information, Inc. A wonderful book that helps put people in touch with what is most central in their lives, and offers new and inspiring ways of looking at ourselves and our relationships. (Harriet Goldhor Lerner, Ph.D., author of *The Dance of Anger* and *The Dance of Intimacy*) [The authors] brilliantly demonstrate how we can, and indeed, must reanimate old rituals and create new ones. With masterful clinical and cultural sensitivity and inspiring inventiveness, they show us how, through ritual, we can give to our lives, to our loves, to our comings and goings, the experience of meaning that we need to feel healed, whole, and connected--coherent within ourselves, in union with others, in continuity with time past and future. (Richard Chasin, M.D., codirector, Family Institute of Cambridge; associate clinical professor of psychiatry, Harvard Medical School) About the Author Evan Imber-Black, Ph.D., is Director of Program Development at the Ackerman Institute for the Family, and Professor of Psychiatry at the Albert Einstein College of Medicine. She is an internationally recognized practitioner and consultant in family therapy. She is also the author of *The Secret Life of Families: Truth-telling, Privacy and Reconciliation in a Tell-all Society*. Janine Roberts, Ed.D., is Professor and Family Therapist at the University of Massachusetts in Amherst. She is treasurer of the American Family Therapy Academy, and former editor of the *Journal of Feminist Family Therapy*. She presents frequently to national and international audiences on rituals, family stories, and family therapy.