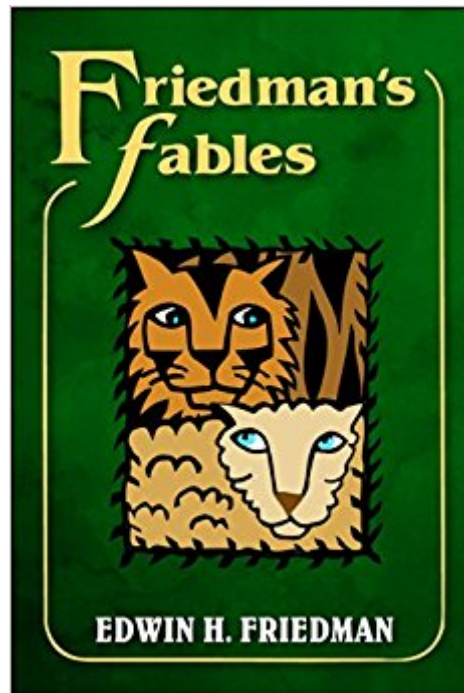




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# Friedman's Fables



## Synopsis

Edwin H. Friedman has woven 24 illustrative tales that offer fresh perspectives on familiar human foibles and reflect the author's humor, pathos, and understanding. Friedman takes on resistance and other "demons" to show that neither insight, nor encouragement, nor intimidation can in themselves motivate an unmotivated person to change. These tales playfully demonstrate that new ideas, new questions, and imagination, more than accepted wisdom, provide each of us with the keys to overcoming stubborn emotional barriers and facilitating real change both in ourselves and others. Thought-provoking discussion questions for each fable are included.

## Book Information

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## Customer Reviews

Ed Friedman, with humor, wisdom, and a devious mind, has created a series of fables that highlight the classic dilemmas and struggles of relationships. His characters haunt the reader long after the stories are over and inflict insight better than any formal interpretation ever could. These parables make great lessons and great reading for those caught in the web of trying to change another person or themselves. --This text refers to an out of print or unavailable edition of this title.

"Friedman, with humor, wisdom, and a devious mind, has created a series of fables that highlight the classic dilemmas and struggles of relationships. His characters haunt the reader long after the stories are over and inflict insight better than any formal interpretation ever could. These parables make great lessons and great reading for those caught in the web of trying to change another

person or themselves.'--Carol Anderson, PhD "I used a fable for my sermon, and you could have heard a pin drop by the end....I find the book thoroughly delightful and powerful.'--The Rev. Henry C. Galganowicz, Rector, Emmanuel Episcopal Church, Weston, Connecticut"The book had an unexpected effect. I found myself more creative in the therapy sessions that followed, almost as if I had been granted some internal form of permission to co-create a story alongside the stuck stories of so many of my clients.... The stories...had, in effect, stimulated my own story-telling ability." (AFTA Newsletter 1990-09-30)

I was intentional in choosing this book for our Sunday school class. How do you deal with expectations of others? What do you think of trying to 'change' people? How to handle a bully or 'holier than thou' person? How do you handle it if someone tries to make you feel guilty about a choice or decision? I read each of the 'fables' (parables, actually!) to the class, dramatically and with a lot of spirit. With the first story, "The Bridge," class members took a bit to relax into the process. I explained that these fun stories may be about us and our own struggles, and encouraged them to let their minds wander and see themselves and others through the fable, or parable. WOW... this ended up being the most productive study I've ever led (outside of Disciple Bible Study.) I would read each of the discussion questions at the end of each fable/parable, and we rarely had time to discuss them all before the time ran out. I had intended to read only "The Bridge" to the group, as a sort of interim activity before moving on to another Bible study. Instead, the group wanted to continue to do these until we'd done them all. I HIGHLY recommend this book for small group work, especially in a group that has a degree of 'safety' in in and where the persons are not afraid to think and grow.

This book is loaded with fabulized insights into human character. This book is helpful in Family Systems approach to counseling and understanding the mysteries of human behavior. It also poses solutions to Friedman's perceived unhealthy attitudes and relationships. This is one of the most useful books regarding human behavior that I have read.

These are very provocative. I am leading a Sunday School Class with a fable each week. We are thinking about relationships in our families, work and church in different ways. Helpful. The first fable, The Bridge, is worth the price of the book!

I use these fables with clients and myself to assist in opening the all too often narrow mind to new

perspectives, expanded thought processes, and hidden insights with great success. As I read through the fables I noticed some of my own struggles with wanting answers or solutions and frustrated with the author for not providing them. This insight into my own psyche proved beneficial to my personal and professional growth as a psychotherapist. I highly recommend it to new and seasoned mental health professionals alike.

This is a humorous and poignant and insightful reflection on life's challenges. Edwin brings to bear an incisive understanding of life's challenges and circumstances and our responsibilities to ourselves in navigation of our days. With his background as both a psychologist and ordained spiritual leader, his is well-equipped to see the processes behind and within our sometimes confused encounters.

Sometimes complex truths are delivered best through deceptively simple stories. Edwin Friedman was a highly effective, creative, and visual writer. I'm glad I stumbled across this gem while looking for less conventional ideas on human dynamics and family relationships. It's at once humorous, entertaining and deeply enlightening. I finished it in 3 sittings and plan to reread again. Highly recommended for the busy adults looking for thought-provoking mind nutrition in easily digested bite-size chunks.

Thought provoking and enjoyable to read. Highly recommend this book to anyone. Friedman does a great job of availing fables to change our paradigms and cause us to look at ourselves.

Ed. Friedman told the "story" of how difficult it was to get his publisher to publish these "fables" because, as I remember him saying, "they did not end right". The publisher wanted to send an editor to Washington to help rewrite most of the stories. Ed asked the Editor (at Springer Press) to send the book back and he would find another publisher. The editor rethought his decision and asked if Ed would write a preface to the Fables, which he did. To read FRIEDMAN'S FABLES without this little edition (guidebook) leaves the reader without the tantalizing thoughts of the meaning of the stories. I have used the Fables in teaching, counseling, and for my own meditation on the twist of life.

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