

FOR IMMEDIATE RELEASE

Sibling rivalry may cause physical abuse, mental harm

SCOTTSDALE, Ariz. (2014) – Most families see sibling rivalry as normal while it may carry undercurrents that hurt children and sow seeds for later conflict. Here once more, knowledge is power.

New research shows that in children and teens sibling rivalry can affect mental health and lead to more physical violence than spousal abuse. Recent studies, including one in the journal *Pediatrics*, suggest that sibling aggression is often ignored and child-on-child violence minimized. Follow-on results may include childhood depression, bullying, disputes over elder care, squabbles about inheritance that wreck families and other gut-wrenching experiences.

Narrative accounts of sibling jealousy reach from the Cain and Abel fable to modern fiction. In his novel titled *Counterstrike* Arizona author John Groh dissects the sibling rivalry of two Phoenix real estate developers. “The happy-go-lucky life of the brothers turns toxic when an accident kills one spouse,” Groh said. Backstabbing soon takes control of their personal and professional lives. “That’s how easily siblings can become sworn enemies,” he added, “and *Counterstrike* paints a picture of that slippery slope.”

Groh lives in Scottsdale, Arizona. He is the author of eight books and one of seven siblings.

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For more information or to schedule an interview, contact John Groh through his website, <http://johngroh.com>

