

## PARENTAL ALIENATION SYNDROME

### **In Loving Memory of Dr. Leo Buscaglia**

Dr. Buscaglia has left this world last month. He was a great teacher. His writings have left their mark on me -- I am glad to have had the pleasure of finding his work at a young age -- I found strength from his words.

In memory of Dr. Buscaglia I would like to reprint an article from our October 1997 newsletter:

I have been an admirer of Dr. Buscaglia's work for the past twenty years. In particular, his book; *Living, Loving and Learning* is excellent! To sum up one of my favorite parts: if we don't like the life we have, then don't just sit around and brood, go out and paint yourself another picture of how life should be and jump into it. Great advice!

But how can I paint a different picture when I'm dealing with an ex that is constantly trying to sabotage my ties with my children? So I wrote Dr. Buscaglia asking that question for all of us.

Dr. Buscaglia's reply: As you have no doubt gathered from reading my work, I am not one for "giving advice." People are as different and unique as their fingerprints and any "pat answer" offered cannot be the right answer for everyone. I encourage you to listen to your own voices for they are loud and clear and will tell you what is "right" for you. The answers to your dilemma are in you, not me or anyone else.

Your life is yours to live, to direct, to celebrate and no one can do it for you or better than you. You will require strength to remain yourself while dealing with the strong forces working against you. And you may need the temporary help of some members in your family, good friends, a minister or even a professional counselor. Remember, too, that many great things arise from adversity. It is always worth the struggle, especially when it concerns your children.

Thanks Dr. Buscaglia, we appreciate the time you took to answer us. I believe we all know in our hearts it is up to us to change things.

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