

Toxic Parents Overcoming Their Hurtful Legacy And

Describes the five different types of difficult mothers, explains how adults can still suffer from negative relationships with their mothers, and how people can overcome the challenges of their complex feelings.

Do you want to learn how to survive the hell of a narcissistic family, overcome toxic parents' hurtful legacy, and reclaim your emotional autonomy? If yes, then keep reading! Narcissistic Personality Disorder is not a mental illness or disease. It is a personality disorder characterized by self-centeredness, lack of empathy for others, and an exaggerated sense of one's own importance. People with NPD tend to be extremely competitive, are exploitative of others in their personal lives and the workplace, and maybe envious of others or believe that others are envious of them. Children of narcissistic parents often grow up depressed, with low self-esteem, and feel unworthy and unloved. Narcissistic parents brainwash their children with love and attention, but they constantly put their children down, belittle them and oppress them. The reality is that narcissists effectively deny a child's entitlement to a mother's affections, her approval, her appreciation of her child as well as her love. This guide will show you a set of clinical tools and psychological techniques that will empower you to take back control of your life. It will help you understand narcissistic parents better, how to stand up to them, and set some boundaries in your relationship with them. You will be able to learn how to resist the manipulation tactics of a narcissistic parent and be more assertive. Also, it will help you cope with feelings of worthlessness that come from being raised by a narcissist who is always putting you down. ★★★This book covers the following topics:★★★ Psychological Abuse Becoming Aware How to Fortify Your "Self"? Growth Strategies - Empathy Simple Tips and Tricks Narcissist and Adult Children Narcissistic Passive-Aggressiveness Move Out from A Toxic Environment ...And much more! Ready to get started? Click the BUY NOW button!

A psychologist offers a roadmap for those looking to break free of toxic family relationships and thrive in the aftermath. Toxic family abuse is always two-fold. The first layer of abuse is the original poor treatment by toxic family members, and the second is someone's denial of the ways in which abusers treat and harm them. Loving someone doesn't always mean having a relationship with them, just like forgiveness doesn't always mean reconciliation. A significant part of healing comes with accepting that there are some relationships that are so poisonous that they destroy one's ability to be healthy and function best. But It's Your Family is a remarkable account of what it means to cut ties to toxic family abuse and thrive in the aftermath. Inside, Dr. Sherrie Campbell clarifies: · How parents, adult children, siblings, grandparents, and in-laws can be toxic · The difference between flawed and toxic family members · Explaining the cutting of ties to children and others who may not understand · Spiritual and religious views on forgiveness · The definition of cutting ties and what No Contact actually means When readers are able to bring closure to those toxic relationships, they give themselves the space to love those family members from a distance, as fellow human beings, with the knowledge that it is unwise to remain connected. Readers learn how to love themselves in the process and fundamentally change their lives for the better!

Is this the way love is supposed to feel? • Does the man you love assume the right to control how you live and behave? • Have you given up important activities or people to keep him happy? • Is he extremely jealous and possessive? • Does he switch from charm to anger without warning? • Does he belittle your opinions, your feelings, or your accomplishments? • Does he withdraw love, money, approval, or sex to punish you? • Does he blame you for everything that goes wrong in the relationship? • Do you find yourself "walking on eggs" and apologizing all the time? If the questions here reveal a familiar pattern, you may be in love with a misogynist — a man who loves you, yet causes you tremendous pain because he acts as if he hates you. In this superb self-help guide, Dr. Susan Forward draws on case histories and the voices of men and women trapped in these negative relationships to help you understand your man's destructive pattern and the part you play in it. She shows how to break the pattern, heal the hurt, regain your self-respect, and either rebuild your relationship or find the courage to love a truly loving man. **BONUS:** This edition contains an excerpt from Susan Forward's Toxic Parents.

Healing the Wounds of Deception and Betrayal

Betrayal of Innocence

No Place Like Home

Poisonous Parenting

The Emotionally Absent Mother

A Guide to Self-Healing and Getting the Love You Missed

A Healing Guide for Daughters

A Guide For Separation, Liberation & Inspiration

Outlines the effects of growing up in an abusive family that carry on to adulthood and offers exercises for healing the inner child and breaking the cycle for the next generation

Do you feel you lost your childhood because your parents weren't ready to emotionally take care of a child? Have you ever feel like you always have been the adult in your child-parent relationship? Did you have to deal with self centered parents who neglected your needs? All you ever wanted was parents who listen to your stories, welcome you with open arms and tell you how much they love you, no matter what you do. Instead you walked around on eggshells making sure none of your actions would upset or irritate your parents. No matter how much effort you put into getting your parents attention, you couldn't overcome the imaginary wall they built around themselves. Even if you experienced anger, you suppressed this feeling or even worse, you turned the anger against yourself and blame yourself for your parents' behavior. The older you got, the more you started to suffer from the effects of your childhood. By now you are a grown-up, but you still live with the scars of your past. Some of the most common coping mechanisms are living an isolated life, suffering from anxieties or being stuck in dysfunctional and abusive relationships. Many people grow up with emotionally immature parents. They all behave slightly different but one thing the #1 thing they have in common is, they don't accept their parent role. You can't change your past but you can change your future. Author and expert, Priscilla Posey knows, dealing with emotionally immature parents can be tough, especially if you don't have anyone who supports you. Growing up dysfunctional child-parent relationship, Priscilla knows how it feels to suffer from the emotional baggage that is not supposed to be yours. Priscilla healed from her childhood trauma and became the self-confident person she was born to be. Now she wants to help others to achieve the same fulfilling life. Once you understand the root of your problem, you can create the happy life you deserve. In "Dealing With Emotionally Immature Parents", you'll discover: 7 signs of emotional immaturity to recognize emotional vampires instantly 4 types of emotionally immature parents and which one you can relate to the most 4 steps to heal from your dysfunctional child-parent relationship How a lost childhood

shapes the person you have become If you are the perfectionist, the empath or the people pleaser and what your behavior says about your personality How to avoid and let go of other toxic relationships in your life Why you feel like a chameleon without identity and how to discover your true self Practical exercises to take care of yourself and your self healing journey How to become a good parent for your own child And much more. You don't have to fully let go of your parents. Yet, you have to learn how to separate the person you love from the actions that hurt you. It is hard to take action and strive for a fulfilling life if you just hit rock bottom. For such a long time you tried to change the people around you or fix the toxic relationships you have been stuck in for so many years. Now it is the right time to start healing yourself instead of taking care of others. If you are sick of the person you've become and you don't even know who you are anymore then it is time to finally detach from your past and start the journey to yourself. Following Priscilla's self-healing strategies will empower you to step out of your misery and right into happiness. If you are ready to invest in yourself and your happiness, then claim your copy now!

Patricia Jones, M.A. provides help, hope and advice for how to understand what scapegoating actually is and how to prevent this form of abuse from one's own family of origin, by removing yourself as their "target" and finally finding peace in your adult years. Patricia Jones, M.A. has written this book to those who have discovered that they are the Scapegoat in their families of origin and who as grown adults are still begin scapegoated by their families. The tactics used by these families are slander, lies, blaming, ostracizing the scapegoat, and a complete lack of love and respect, among other things. These toxic methods are so toxic, that their families will even slander the scapegoat to the other relatives and friends of the scapegoat so that it infiltrates their entire extended families and friends. Finding themselves in a "no win" situation with their narcissistic family members, they are desperate to find the answers to this puzzling dilemma and are searching for peace in their lives and a way to end this toxic treatment by their own families. Patricia Jones, M.A. is a therapist who was the scapegoat in her own family of origin and she has written this book as a witness and testimony revealing how she came to understand that there is an evil pattern of "narcissism and psychopathic traits" in these very dysfunctional family members that creates a favorite "golden child" sibling or siblings who can do no wrong, and the "targeted Scapegoat child" who is completely innocent and who does not deserve such unfounded and unjust treatment from their parents and siblings. As a counselor who has counseled hundreds of scapegoats from all over the world, Patricia Jones, M.A. has determined that being the Family Scapegoat has reached "epidemic levels" and is the cause of intense suffering for those "targeted" by their own families for such abuse. She reveals the "root cause" of how and why this is occurring and the solution to how to stop the generational cycle of abuse that occurs in these families. And finally Patricia Jones, M.A. gives hope and confidence to the scapegoated person, detailing how they are not the problem within their dysfunctional families, and never were. It is the narcissistic family members who are the problem and who have been "gas lighting" the scapegoat for their entire lives. She shows the scapegoat how to remove themselves permanently as the "family target" and to move on with their lives without guilt and remorse, and who then can begin to enjoy their lives and find the happiness that has eluded them for years and that they so deserve.

Susan Forward's practical and powerful book will help couples cope with terrible and toxic in-laws. Toxic in-laws are in-laws who create genuine chaos through various assaults--aggressive or subtle--on you and your marriage. Toxic-in laws come in a wide variety of guises: "The Critics", who tell you what you're doing wrong; "The Controllers", who try to run you and your partner's life; "The Engulfers", who make incessant demands on your time; "The Masters of Chaos", who drain you and your partner with their problems; and "The Rejecters", who let you know they don't want you as part of their family. Susan Forward draws on real-life voices and stories of both women and men struggling to free themselves from the frustrating, hurtful and infuriating relationships with their toxic in-laws. Dr. Forward offers you highly effective communication and behavioral techniques for getting through to partners who won't or can't stand up to their parents. Next, she lays out accessible and practical ways to reclaim you marriage from your in-laws. She shows you what to say, what to do and what limits to set. If you follow these strategies, you may not turn toxic in-laws into the in-laws of your dreams, but you will find some peace in your relationship with them.

Cutting Ties with Toxic Family Members and Loving Yourself in the Aftermath

Free Yourself from the Past and Live the Life You've Always Wanted

How to Heal from Distant, Rejecting, or Self-Involved Parents

A Handbook for Helping Women Challenge Their Past

Absent

Emotional Blackmail

How to Talk with Your Child about Gender, Consent, and Empathy

Dealing with Emotionally Immature Parents

What the kid inside you was never told about healing from abuse... Do you feel like your relationship with your parents is always bringing you down? Do they blame you for their problems, for being a thorn in their shoes, always endeavoring to make you feel like the most massive burden they've ever had to carry? Do they want to control all aspects of your life, continually being dissatisfied with the choices you make? Do they tend to humiliate and manipulate you, making you feel like nothing you do is good enough, that none of your efforts pay off, all while making themselves out to be exceptionally gifted and talented? Abusive

parents tend to share common traits--they are constantly negatively reactive, lack empathy, are extremely controlling, always critical, and continuously transfer blame to you. If your parent ticks any of those boxes, then you are likely already aware of who and what you're dealing with. But from here on, things can only get better if you let them. In *Absent*, you will discover: [The art of letting go as a way to empower you on your healing journey](#) [The importance of self-compassion and how to effectively practice it to stop all forms of self-blame for things you never had any control over](#) [Why freeing yourself from anger and resentment will help you better understand and be more accepting of your parent's behavior](#) [The secrets to self-love you should have learned long ago to offer yourself the best gift every person deserves](#) [A new perspective on the act of forgiveness that will finally give you the upper hand when your dealing with your parent\(s\)](#) [How to create a mental space to help you feel safe enough to face your most potent demons and succeed](#) [The most crucial thing you need to do to become entirely free of old patterns and finally make conscious choices out of love for yourself and not fear of your parents](#) And much more. If you're ready to explore the deepest and darkest parts of your childhood and come out empowered, then scroll up and click the "Add to Cart" button right now.

This book has become a classic in child abuse prevention counseling. It is the gripping true story of generational sexual abuse and the dramatic legal trial which culminates in a shocking 15 month battle for safety from the predator that has haunted his victims for over 40 years. It is a must-read for abuse survivors and their therapists and counselors.

Multi award-winning and bestselling author Nick Nolan's *No Place like Home: Coping with the Decline and Death of Toxic* Parents* offers professional perspectives on the dying parent who was seldom - if ever - emotionally supportive of their child. While chronicling his violent father's decline and death from diabetes and probable Chronic Traumatic Encephalopathy (Concussion Syndrome), Nolan interviews three adult survivors of child abuse, as well as eight licensed clinicians specializing in family systems, women's issues and Christianity, People of Color, LGBT clients, military PTSD, child sexual abuse, and neurology. Whether the dying parent was wounding, absent, narcissistic, or toxic (or was the parent who looked the other way), *No Place Like Home* offers multiple standpoints on the anger, guilt, and resentment survivors of familial abuse and neglect often feel when aiding their offending parent. With contributions by Adrian Aguilera PhD; Aaron Aronow MD; Cissy Brady-Rogers LMFT; Carol Cushman LCSW; Teresa DeCrescenzo LCSW, LMFT; Lawrence J. Martin PsyD; Edward Reed EdD; and Allen Ruyle LCSW. *Wounding/Absent/Narcissistic/Toxic

The first book for the millions of daughters suffering from the emotional abuse of selfish, self-involved mothers, *"Will I Ever Be Good Enough?"* provides the expert advice readers need to overcome debilitating histories and reclaim their lives.

Incest and Its Devastation

How to Make Peace with Your Past and Take Your Place in the World

If You Had Controlling Parents

Surviving the Toxic Family

What to Do when a Parent's Love Rules Your Life

Overcome Your Childhood Emotional Neglect

Toxic Relationships Between Parents and Their Adult Children

The Gay Man's Guide To Recovery From Abuse, Addictions, And Self-defeating Behavior

Transform Your Relationship With Your Mother If you liked Melody Beattie's *Codependent No More* or Henry Cloud's *Boundaries*, you'll love *Difficult Mothers, Adult Daughters* Difficult mother? The best news on the planet is that your mother doesn't have to change in order for you to be happy. In fact, author Karen C.L. Anderson will take it a step further and say, your difficult mother doesn't have to change in order for you to be free, peaceful, content, and joyful. Narcissistic mother? You can emotionally separate without guilt. Inspired by her own journey, Anderson's *Difficult Mothers, Adult Daughters* shows women how to emotionally separate from their difficult mothers without guilt and anxiety, so they can finally create a life based on their own values, desires, needs, and preferences. Learn through the experiences of others: The book is filled with personal stories and experiences, practical tools, and journal prompts that can be used now to feel better. Anderson compassionately leads women struggling in their relationships with their difficult mothers through a process of self-awareness and understanding. Karen's experience with hundreds of women has resulted in cases of profound growth and transformation. Funny and compassionate: This book is about Karen discovering and accepting the whole of who she is (separate from her mother), and making her discoveries accessible to women struggling to redefine their challenging relationships with their mothers. Her writing is relatable, real, funny, and compassionate. What you'll learn inside this book: Why mothers and daughters can have difficult relationships How to heal and transform your mother "wounds" How to tell your stories in a way that empowers How to handle the uncomfortable emotions that seem inevitable The art of creating, articulating, and maintaining impeccable boundaries How to stop "shouldering" How to "re-mother" yourself and acknowledge, honor, and meet your needs

Growing up gay in a homophobic culture can resemble growing up in a dysfunctional family. *Reclaiming Your Life* offers a soothing approach to healing from homophobic abuse, addictions, and self-defeating behavior. "If you are a gay man who grew up in a dysfunctional family or were abused, be kind to yourself and read this book. It's full of validation, understanding, common sense, and wise guidance, like a good friend." -Ellen Bass, coauthor of *The Courage to Heal* "a wealth of information it should be required reading for all gay men and their loved ones." -Lambda Book Report

"*Surviving the Toxic Family*" is a valuable book for anyone trying to recover from the devastating effects of growing up in a toxic or dysfunctional family. Drawing on engaging case studies, this book shows you how it is possible to recover from the trauma associated with a toxic family and leads you through the process to complete recovery. This book utilizes a three step process: Understanding why your family acts the way they do and why they treated you so poorly Changing the rules so that you do not have to continue being mistreated by them Taking your life back and living a life that's more authentic and genuine "*Surviving The Toxic Family*" promises to be a valuable tool for anyone who has a dysfunctional family, those with a loved one whom struggles with their family, and for therapists seeking to help clients from toxic families. This book provides practical hands-on strategies for surviving even the most toxic and dysfunctional families.

Want to gain freedom from your manipulative and self-centered parent? This book gives you the tools and coping strategies needed to break free from the grip of narcissism, by using my 4-step program P.A.C.E. The only person who should be controlling your life is you!

Toxic Mom Toolkit

Emotional Child Abuse

Wisdom to Heal Your Relationship With Emotionally Abusive Parents

When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You

A Healing Program for Those who Have Been Physically, Sexually, Or Emotionally Abused

Overcoming Their Hurtful Legacy and Reclaiming Your Life

Men Who Hate Women and the Women Who Love Them

Healing the Daughters of Narcissistic Mothers

With Mothers Who Can't Love: A Healing Guide for Daughters, Susan Forward, Ph.D., author of the smash #1 bestseller Toxic Parents, offers a powerful look at the devastating impact unloving mothers have on their daughters—and provides clear, effective techniques for overcoming that painful legacy. In more than 35 years as a therapist, Forward has worked with large numbers of women struggling to escape the emotional damage inflicted by the women who raised them. Subjected to years of criticism, competition, role-reversal, smothering control, emotional neglect and abuse, these women are plagued by anxiety and depression, relationship problems, lack of confidence and difficulties with trust. They doubt their worth, and even their ability to love. Forward examines the Narcissistic Mother, the Competitive Mother, the Overly Enmeshed mother, the Control Freak, Mothers who need Mothering, and mothers who abuse or fail to protect their daughters from abuse. Filled with compelling case histories, Mothers Who Can't Love outlines the self-help techniques Forward has developed to transform the lives of her clients, showing women how to overcome the pain of childhood and how to act in their own best interests. Warm and compassionate, Mothers Who Can't Love offers daughters the emotional support and tools they need to heal themselves and rebuild their confidence and self-respect.

A practical guide to better communication that will break the blackmail cycle for good, by one of the nation's leading therapists, Susan Forward. "Breathe a sigh of relief! Susan Forward helps you identify and correct an intensely destructive and confusing pattern of relating with those you love. I highly recommend this important book!"—Susan Jeffers, Ph.D., author of Feel the Fear and Do It Anyway "If you really loved me..." "After all I've done for you..." "How can you be so selfish..." Do any of the above sound familiar? They're all examples of emotional blackmail, a powerful form of manipulation in which people close to us threaten to punish us for not doing what they want. Emotional blackmailers know how much we value our relationships with them. They know our vulnerabilities and our deepest secrets. They are our mothers, our partners, our bosses and coworkers, our friends and our lovers. And no matter how much they care about us, they use this intimate knowledge to give themselves the payoff they want: our compliance. Susan Forward knows what pushes our hot buttons. Just as John Gray illuminates the communications gap between the sexes in Men Are from Mars, Women Are from Venus, and Harriet Lerner describes an intricate dynamic in The Dance of Anger, so Susan Forward presents the anatomy of a relationship damaged by manipulation, and gives readers an arsenal of tools to fight back.

This is the second edition of a handbook for survivors of child sexual abuse and their helpers, featuring added material on the acknowledgement of survivors' strengths, the effect of sexual abuse on adult female sexuality and therapeutic themes.

With more than thirty-five years of experience in psychotherapy, Dr. Halpern enables the adult child to understand his or her parent and foster a positive, healthy adult relationship. In all respects, you appear to be well-adjusted, reasonably successful adult, but in the presence of your parents, you feel vulnerable, dependent, guilty, insecure—childlike. They manipulate you, smother you, demand your attention or elicit your resentment. In clear, nonclinical terms, renowned psychotherapist Dr. Howard Halpern shows you how to break these familiar family routines so that you can build healthy, rewarding parent-child relationships. He teaches you, for example, how to handle martyred mothers, despotic fathers, and moralistic, unloving, or seductive parents. He also addresses the sensitive topics of how to deal with aging, divorced, or dying parents. Resolving conflicts with your parents will enable you, finally, to cut loose—to start being yourself rather than your parent's child. Without guilt, revenge, or fear as your motives, you will be able to make the choices in love, work, and values that do justice to who you are. With more than thirty-five years of experience in psychotherapy, Dr. Halpern enables the adult child to understand his or her parent and foster a positive, healthy adult relationship.

Cutting Loose

The Guide to Surviving the Hell of a Narcissistic Family, Overcoming Toxic Parents' Hurtful Legacy, and Reclaiming Your Emotional Autonomy

The Chosen Child Syndrome

Discovering a Happy Life Despite Toxic Parenting

Taking Yourself Out of the Equation and Taking Your Life Back from Your Dysfunctional Family

Toxic In-Laws

Loving Hurtful Parents

Reclaiming Your Life

If you or someone you love grew up with an emotionally unavailable, narcissistic, or selfish parent, you probably struggle with residual feelings of anger, abandonment, loneliness, or shame. For anyone who endured a nightmare or a wasteland instead of a nurturing childhood, The Toxic Parents Survival Guide will offer you the clinical insights and the day-to-day tools so you can break the chains of toxicity that bind you in a mess you didn't create. Psychologist Bryn Collins pulls back the layers to explore the very complicated relationship with an emotionally unavailable parent. Whether they were unavailable because of addiction, mental illness, or being overly controlling or an iceberg, this imminently practical book will help validate your frustration and emotional struggles, help you set clear boundaries, and learn how to un-mesh yourself and move forward to a place of strength and peace without any guilt. Using case studies, quizzes, and jargon-free concepts, Collins profiles the most common types of toxic parents and offers the tactics and tools you need to change and break free of these painful associations. Your wounds can be healed and you can move forward. The Toxic Parents Survival Guide will help you find different ways of dealing with your parents' painful legacy so that you don't suffer and don't pass along emotional unavailability to the next generation or your current relationships.

Do your emotions control you or do you control your emotions? Many people let guilt, anger, or self-criticism dominate their lives and negatively affect their relationships. Boundaries for Your Soul shows you how to calm the chaos within. This groundbreaking approach will help you: know what to do when you feel overwhelmed, understand your guilt, anxiety, sadness, and fear, welcome God into the troubling parts of your soul, and move from doubt and conflict to confidence and peace. Boundaries for Your Soul includes relatable anecdotes, helpful exercises, an engaging quiz, and opportunities for personal reflection. Gathering the wisdom from the authors' twenty-five years of combined advanced education, biblical studies, and clinical practice, this book will set you on a journey to become the loving, authentic, joyful person you were created to be.

"Dan Neuharth's book demystifies much within our pasts that can hurt our intimate relationships in ways we may not even realize. If You Had Controlling Parents helps spark understanding and acceptance across generations." — John Gray, Ph.D., author of Men Are from Mars, Women Are from Venus Do you sometimes feel as if you are living your life to please others? Do you give other people the benefit of the doubt but second-guess yourself? Do you struggle with perfectionism, anxiety, lack of confidence, emotional emptiness, or eating disorders? In your intimate relationships, have you found it difficult to get close without losing your sense of self? If so, you may be among the fifteen million adults in the United States who were raised with unhealthy parental control. In this groundbreaking bestseller by accomplished family therapist Dan Neuharth, Ph.D., you'll discover whether your parents controlled eating, appearance, speech, decisions, feelings, social life, and other aspects of your childhood—and whether that control may underlie problems you still struggle with in adulthood. Packed with inspiring case studies and dozens of practical suggestions, this book shows you how to leave home emotionally so you can improve assertiveness, boundaries, and confidence, quiet you "inner critics," and bring more balance to your moods and relationships. Offering compassion, not blame, Dr. Neuharth helps you make peace with your past and avoid overcontrolling your children and other loved ones.

Have you ever been lied to by a lover? In this straightforward and supportive book, therapist Susan Forward profiles the wide variety of liars, shows you how to deal with the lies -- from the benign to the lethal -- that these men spin, and gives practical strategies to stop them before they ruin your relationship and, ultimately, your life. Once you find out the truth about your lover and his lies, what do you do? Forward offers practical, proven, step-by-step methods for healing the wounds caused by his deception and betrayal. She provides all the communication and behavioral techniques you need to deal with a lover's lies, telling you exactly what to say, when and how to respond to his reactions, and how to present your requirements for staying in the relationship. With understanding and compassion, she helps you decide whether your relationship can be saved and shows you how to move beyond doubt and regret if you feel that it can't. But whether you stay or go, you can learn to love and trust again.

Toxic Parents - The Ultimate Guide

Cry the Darkness

Difficult Mothers: Understanding and Overcoming Their Power

Boundaries for Your Soul

Will I Ever Be Free of You?

Adult Children of Emotionally Immature Parents

Coping with the Decline and Death of Toxic* Parents: *Wounding/Absent/Narcissistic/Traumatic

Loving Strategies for Protecting Your Marriage

Toxic Mom Toolkit by Rayne Wolfe takes on super toxic mothers with humor, kindness and practical tools to help readers build a peaceful and happy life. The book includes Wolfe's memoir of growing up brave and scrappy in 1950's San Francisco, the daughter of three mothers: an absent birth mother, an abusive adopted mother and a wonderful step-mother. Coupled with her honest memoir, are mini-memoirs of women from all over the world, whose stories of growing up with toxic mothers shine light on the varied ways in which toxic parents can hurt, damage and undermine their children even into adulthood. There are helpful self-tests; positive affirmations and prompts; tools for contact and boundary setting; and lots and lots of wisdom wrapped in laughter. Toxic Mom Toolkit offers readers a starting point for the messy work of gaining perspective, setting boundaries, and breaking the cycle of toxic parenting. Join the Toxic Mom Toolkit community on Facebook.

Have your emotionally abusive Indian parents controlled you, criticized you and made you feel guilty? Learn How to Heal Your Heart, Let Go of Your Anger and Find Peace Within. Are you an emotionally hurt, broken-down child of Indian parents, Asian parents or other controlling parents? Do you feel sad about your childhood and angry about your upbringing? Are you struggling to be a whole and complete person today? The author experienced emotional trauma and battered self-worth after growing up in a dysfunctional home of emotionally destructive communication and violent rampages which hurt his heart, spirit and soul. Learn how he came to terms with the abusive behavior, criticism, put-downs and anger he experienced while growing up in an emotionally abusive home. In this book, you'll discover- Tools to overcome the abandonment, isolation and low self-worth resulting from childhood in an emotionally abusive home. - How to heal the dysfunction you grew up with and show up as a healthier adult in your life and relationships. - How to make peace with the unfairness of growing up in a toxic, abusive home. - How to release the anger and unhappiness in your heart so you can part with the boiling resentment showing up in all parts of your life. - How to use the tools of empathy to understand your parents and compassion for yourself to heal the heavy wounds you're walking around with. - How to find peace, breathe lightly and start the process of letting go so you can reclaim your life as an adult, no matter how challenging your childhood was. You no longer have to walk the path of healing and recovery on your own. You don't have to suffer in isolation. You'll feel an immediate connection to a kindred spirit, the author, who will speak to your pain and guide you back to yourself. If you want to be less angry, have more peace and find a way to understand your past, pick up this book today. If you want a deep understanding of human behavior, a moving personal story of a child who grew up in circumstances similar to your own,

and plenty of practical tools to heal your heart, shift your thoughts and apply compassion to your life, this is the book for you. It's your first step toward healing your heart and making peace with your parents and your past so you can live more freely today. Buy Loving Hurtful Parents today to find the healing, forgiveness and peace you've always wanted but never thought were possible.

"Why isn't there a commandment to 'honor thy children' or at least one to 'not abuse thy children'?" asks Beverly Engel. No one should have to tolerate an abusive or destructive relationship. However, countless adults continue to foster toxic relationships with their parents. Perhaps honoring our parents starts with honoring ourselves. While making peace with a parent may seem ideal, it is not always a viable option, and severing ties with a parent is sometimes a necessity. Engel, who had to divorce her mother for a number of years, recognizes that forgiveness is not always necessary or even possible. This sensitive, emphatic, yet practical guide includes exercises to help you through this important turning point that can inspire positive and healthy changes in your life. With step-by-step instruction and real-life testimonials, *Divorcing a Parent* will show you how to anticipate and manage negative pressure from others, how to overcome your doubts and guilt, how to participate in family gatherings, and how to handle grandchildren. Engel even addresses how to manage the abuse of a deceased parent. While utilizing an individualized approach, Engel guides you through the entire process to determine what is best for your wellbeing—from deciding if divorce is right for you to finalizing the separation. Above all, this book shows you how to love yourself and give yourself the gift of freedom! Beverly Engel, is an internationally recognized psychotherapist and an acclaimed advocate for victims of sexual, physical, and emotional abuse. She is the author of 20 self-help books, including four best-selling books on emotional abuse. Several of her books have received awards and been translated into many languages. Engel is a licensed marriage and family therapist, and has practiced psychotherapy for 35 years. She frequently lends her expertise to national television talk shows and has appeared on Oprah, CNN, *Starting Over*, and others. Learn more at www.beverlyengel.com.

It's never too early to start talking to boys about gender, consent, and empathy. In a world still steeped in gender inequality and sexual violence, it's become more and more clear that we can't just teach girls to protect themselves. We must also teach boys not to do harm. As parents, we all want to raise kind and loving kids who will grow up to be conscientious adults. But when you look closely at our society—especially at the statistics surrounding rape, domestic violence, and sexual assault—it's clear that something needs to change. It's time to teach our sons compassion and empathy. It's time to show them that it's okay to cry, to laugh, to be angry, to be silly. It's time to teach them to respect girls, and not just the ones they think are pretty. It's time to teach them that it's not okay to pick on the queer kids, the little kids, and the fat kids. It's time to teach boys that it's not okay to treat kids of color like second-class citizens. It's time to teach our boys how to be conscious citizens. But where do you begin? Written by a clinical psychologist with expertise in modern families, *Raising Feminist Boys* is a parent's guide to having age appropriate conversations with boys about sexual responsibility, consent, gender, empathy, and identity. You'll find an accessible framework that includes developmental considerations, language, and clear tools for how to talk with your son about feminism without shame, fear, or judgment. We need to have honest and informative conversations with our sons about sex and consent. We must show them how to recognize and question gender norms and bias, both within the culture and, most importantly, within ourselves. *Raising Feminist Boys* will give you the tools you need to get started.

Mothers Who Can't Love

When Your Lover Is a Liar

How to Handle Toxic Parents

Difficult Mothers, Adult Daughters

How to Heal from Emotionally Toxic Parents - a Grown-Up's Guide to Healing from Childhood

Neglect, Manipulation, Trauma, and Abusive Emotional Behavior

Recovery Classics Edition

Adult Children of Abusive Parents

Raising Feminist Boys

A resource for daughters of mothers with narcissistic personality disorder explains how to manage feelings of inadequacy and abandonment in the face of inappropriate maternal expectations and conditional love, in a step-by-step guide that shares recommendations for creating a personalized program for self-protection and recovery. 50,000 first printing.

Shame is the motivator behind many toxic behaviors like compulsion, codependency, addiction, and drive to superachieve. This title identifies personal shame, explains the underlying reasons, and addresses root causes.

A large segment of the population struggles with feelings of being detached from themselves and their loved ones. They feel flawed, and blame themselves. *Running on Empty* will help them realize that they're suffering not because of something that happened to them in childhood, but because of something that didn't happen. It's the white space in their family picture, the background rather than the foreground. This will be the first self-help book to bring this invisible force to light, educate people about it, and teach them how to overcome it.

Was your mother too busy, too tired, or too checked-out to provide you with the nurturing you needed as a child?

Men and women who were "undermothered" as children often struggle with intimate relationships, in part because of

their unmet need for maternal care. The Emotionally Absent Mother will help you understand what was missing from your childhood, how this relates to your mother's own history, and how you can fill the "mother gap" by: Examining the past with compassion for yourself and your mother Finding the child inside of you and learning to mother yourself Opening to the archetype of the Good Mother Allowing friends and loved ones to provide support, guidance, and other elements of good mothering that you missed Through reflections, exercises, and clear explanations, psychotherapist Jasmin Lee Cori helps adult sons and daughters heal the wounds left by mothers who failed to provide the essential ingredients that every child needs. She traces perceived personal "defects" back to mothering deficits, relieving self-blame. And, by teaching today's undermothered adults to cultivate the mothering they missed, she helps them secure a happier future—for themselves and their children.

Will I Ever be Good Enough?

Healing the Shame that Binds You

Divorcing a Parent

Running on Empty

Surviving Child Sexual Abuse

Are You the Scapegoat in Your Family?

It's My Turn

How to Turn Your Overwhelming Thoughts and Feelings into Your Greatest Allies

Do you think your parent might be toxic? Do you feel like you are living with the consequences of bad parenting? Do your parents still treat you badly even though you are an adult? Maybe your parent has passed away, but you still seem to be haunted by them and can't stop thinking about the way they treated you. This Book is for anyone that has been in a toxic relationship with their parent and would like to learn more about it and learn how to recover from the long lasting traumatic effects that this relationship has left you with. But First, A Warning: Before we go further, let me make something abundantly clear: This Book does not contain a "magic wand" that will bring you instant answers without having to do any work. What I'm about to share with you takes both time and effort and has worked wonders for me and my private clients. And I believe it can help you, too. This only works for those who are willing to look deep inside themselves and are committed to finding true happiness. So, I've said, let me tell you... Does any of this sound familiar to you? As a child: - You felt like you were never good enough - Your parent seemed wrapped up in themselves and their life - Your parent didn't seem to care about your feelings - Your parent was controlling and manipulative - You were made to feel bad or wrong if you got upset - Your needs weren't met As an adult: - You still feel like you are not good enough - You feel confused, anxious, sad in your relationship with your parent - Your parent puts you down, and never celebrates your achievements - You sometimes doubt your perception of events, and feel like you're going crazy - You struggle to make decisions and have difficulty trusting your gut instinct or intuition - Your parent is very manipulative, controlling and tells lies - They still don't seem to care about your feelings or your needs - You feel like you're the only one parenting them This Book is for you if you have been in a toxic relationship with your parent and you just want to get out of it and make some changes. Maybe you have tried to talk to your partner or friends about your relationship, but they don't understand either and they may even tell you that it couldn't have been that bad. Maybe you know that your parent treated you badly and unfairly growing up, and you know it's affecting you now but you don't know what to do about it. Sometimes you can have a mental health illness like depression, borderline personality disorder, narcissistic personality disorder, or anxiety, which unfortunately would have created a toxic environment for you to grow up in. This Book will help you to: - No longer feel confused or questioning your parents' behavior - Finally make sense of your childhood - Learn what was really going on and why you feel the way you do - Make sense of your experiences - Learn how to protect yourself from any future toxic relationships - Regain that lost self-esteem and self-worth I can't promise you that reading this book is going to be a "total cure," but I can promise that if you APPLY YOURSELF DILIGENTLY, take notes, read and re-read the chapters, follow all instructions to the letter, with a tenacious resolve to get better you will feel an instant decrease in anxiety within the first 24 hours and experience huge improvements within the first 3 days. This is not hype, this is what my audience commonly reports.

BONUS: This edition contains an excerpt from Dr. Susan Forward's Men Who Hate Women and the Women Who Love Them. When you were a child... Did your parents tell you were bad or worthless? Did your parents use physical pain to discipline you? Did you have to take care of your parents because of their problems? Were you frightened of your parents? Did you ever do anything to you that had to be kept secret? Now that you are an adult... Do your parents still treat you as if you were a child? Do you have intense emotional or physical reactions after spending time with your parents? Do your parents control you with guilt or shame? Do they manipulate you with money? Do you feel that no matter what you do, it's never good enough for them? In this remarkable self-help guide, Dr. Susan Forward draws on case histories and the real-life voices of adult children who have helped their parents to help you free yourself from the frustrating patterns of your relationship with your parents -- and discover a new world of self-confidence, inner strength, and emotional independence.

Poisonous Parenting shows readers how to recognize the effects of negative parenting and strategies for helping adults who are suffering from toxic attitudes and behaviors. Readers will learn when to try to save the relationship, when to exercise caution, and when to disconnect in order to keep the poison from spreading.

If you grew up with an emotionally immature, unavailable, or selfish parent, you may have lingering feelings of anger, betrayal, or abandonment. You may recall your childhood as a time when your emotional needs were not met, when your feelings were dismissed, or when you took on adult levels of responsibility in an effort to compensate for your parent's behavior. Your wounds can be healed, and you can move forward in your life. In this breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents' sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents' emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you'll learn how to create positive, new relationships so you can build a better life. Discover the four types of

parents: The emotional parent instills feelings of instability and anxiety The driven parent stays busy trying to perfect and everyone The passive parent avoids dealing with anything upsetting The rejecting parent is withdrawn, dismissive, derogatory

When Loving Hurts And You Don't Know Why

The Family Curse

NARCISSISTIC PARENTS

How to Navigate a High-Conflict Divorce from a Narcissist and Heal Your Family

Recognizing, Understanding and Recovering from Narcissistic Parents. This Book Includes: Emotionally Immature Parents

Narcissistic Mothers and Fathers

But It's Your Family . . .

The Toxic Parents Survival Guide

Toxic Parents