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When you were a child... Did your parents tell you 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 often frightened of your parents? Did your parents do anything to you that had to be kept secret? Now that you're 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 threats or guilt? Do they manipulate you with money? Do you feel that no matter what you do, it's never good enough for your parents? In this remarkable self-help guide, Dr. Susan Forward draws on case histories and the real-life voices of adult children of toxic 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.

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