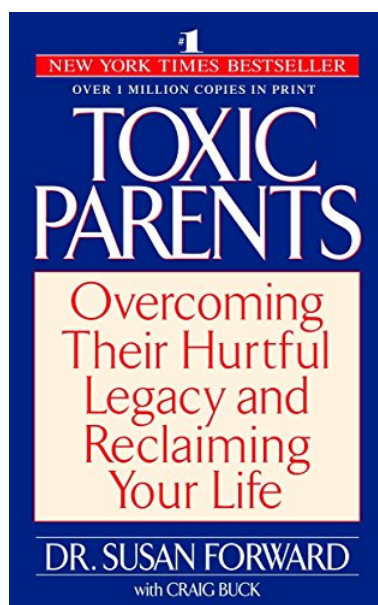


WiPCF [GET] Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life



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Are you the child of toxic parents? 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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