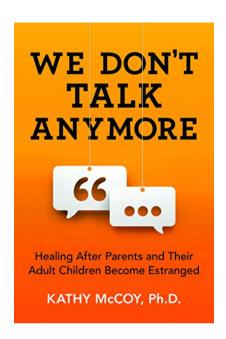
## 7SLSg [GET] We Don't Talk Anymore



## **CONTINUE** >

Break the silence and heal the riftEstrangement or partial estrangement from an adult son or daughter is one of a parent's worst nightmares. It can mean angry silences and anguished days and nights wondering what went wrong. Becoming estranged from a parent can be equally painful for an adult child, who may miss the relationship they once shared. Written by Kathy McCoy, one of the nation's more revered experts on family relationships, We Don't Talk Anymore is a tender and practical new exploration of estrangement for both parents and adult children. Each chapter also provides compassionate, practical insights focused on what both parents and adult children can do, including: - Finding courage to reach out to your loved one-Understanding the conflict and discovering a new and fulfilling connection- Letting go and rebuilding your lifeFamilies deserve clarity and understanding. We Don't Talk Anymore will show you those first steps toward healing.

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