

[PDF] Toxic Parents: Overcoming Their Hurtful Legacy And Reclaiming Your Life

Susan Forward, Craig Buck - pdf download free book



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Author: Susan Forward, Craig Buck

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Description:

All parents fall short from time to time. But Susan Forward pulls no punches when it comes to those whose deficiencies cripple their children emotionally. Her brisk, unreserved guide to overcoming the stultifying agony of parental manipulation--from power trips to guilt trips and all other killers of self worth--will help deal with the pain of childhood and move beyond the frustrating relationship patterns learned at home. --This text refers to an out of print or unavailable edition of this title.

Review “A dynamic, powerful, hard-hitting book. It offers tremendous hope as well as understanding. It could truly be a lifesaver.”

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When Loving Hurts and You Don't Know Why**

**Obsessive Love:
When It Hurts Too Much to Let Go**

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Overcoming Their Hurtful Legacy and Reclaiming Your Life**

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