

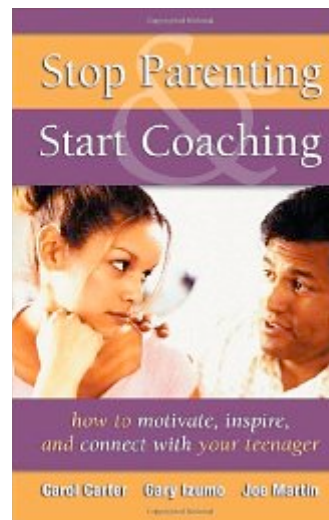


## **The Coaching Parent: Help your children realise their potential by becoming their personal success coach**

**By David Miskimin, Jack Stewart (Contributor)**

Imagine You Could Afford The World's Best Coach For Your Child. . . Watch, listen to and feel what it is like as your child blossoms, discovers hidden talents and abilities, and develops an ever-deepening level of self-confidence.

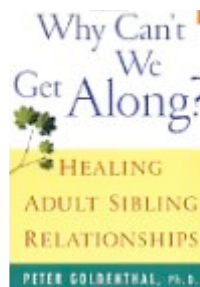
[Click Here](#) to read more.



## **Stop Parenting and Start Coaching** **By Carter Carol**

Stop Parenting, Start Coaching is a practical, easy to read tool to help parents build healthy relationships with their teenagers. The narrative format shows parents how to coach their teen through difficult decisions and helps them connect with their teenagers on a higher level. Please see endorsement quotes below.

[Click Here](#) to read more.



## **Why Can't We Get Along?** **By Peter Goldenthal**

Hasn't it gone on long enough the rivalry, the jealousy, the pent-up anger, and the grudges rooted in the past? In this book, renowned author and family psychologist Peter Goldenthal offers proven prescriptions for brothers and sisters who want to break through old, destructive patterns and create a richer, more loving, and more rewarding relationship with their adult siblings.

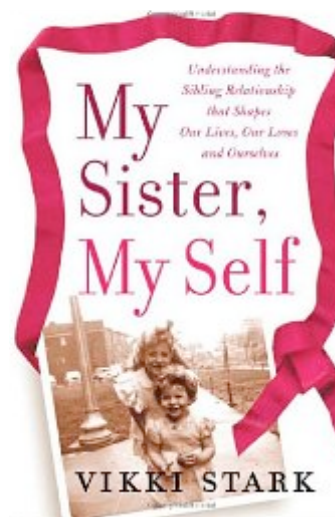
[Click Here](#) to read more.



**Mom Loves You Best: Forgiving and Forging Sibling Relationships**  
**By Cathy Jo Cress, Kali Cress Peterson**

The bonds between siblings are the longest connections in our lives, and sibling relationships are among the most enduring ones we'll ever have. But for many this bond has not always been smooth — many of us are stuck with childhood memories of conflict that have been festering for years. In *Mom Loves You Best*, two recognized experts on sibling relationships demonstrate how to move beyond the childhood strife, giving readers the tools to make forgiveness achievable through their prescriptive ten-step process. Readers not only forgive their siblings but also themselves as they let these ten straightforward steps guide them toward exoneration and improved feelings. A book that enables anyone to successfully repair family ties, *Mom Loves You Best* puts readers on the path to reconciliation and healthy adult relationships.

[Click Here](#) to read more.



**My Sister, My Self**  
**By Vikki Stark**

**Discover the unexpected ways that being a sister affects your life choices.**

Whether your sister relationship was close, conflicted, or somewhere in between, that childhood bond shaped the woman you are today. Having grown up as an older, younger, middle, or twin sister influences your choice of occupation, your circle of friends, your love life--even how you feel about your own body.

*My Sister, My Self* provides you with powerful tools to:

- Come to terms with a challenging sister relationship
- Make sense of your need to depend on or control others
- Recognize how your sister role influences your interactions with friends and colleagues
- Understand the sister role you've played since childhood

[Click Here](#) to read more.



**Mom Still Likes You Best**  
**By Jane Isay**

The author of *Walking on Eggshells* turns her wisdom to the sometimes heartbreaking but always meaningful bond between brothers and sisters—a must-read for anyone blessed with the gift (or burden) of a sibling.

There's a myth out there that good relations between brothers and sisters do not include conflict, annoyance, disagreement, or mixed feelings. Isay believes this is a destructive myth, one that makes people doubt the strength of the connection with their siblings. Brothers and sisters may love and hate, fight and forgive, but they never forget their early bonds.

[Click Here](#) to read more.



**Family Communication: Cohesion and Change (8th Edition)**  
**By Kathleen M. Galvin, Carma L. Bylund, Bernard J. Brommel**

Updated in a new 8<sup>th</sup> edition, this book examines how the communication processes within families affect and are affected by larger social systems. It views the family as a communication system with identifiable patterns

Using a framework of family functions, first-person narratives, and current research, this book emphasizes the diversity of today's families in terms of structure, ethnic patterns, and developmental experiences.

[Click Here](#) to read more.



**Family Communication Sourcebook**  
**By Lynn H. Turner (Editor), Richard L. West (Editor)**

The Family Communication Sourcebook provides an in-depth examination of contemporary theory and research in the area of family communication. This unique collection offers a state-of-the art approach by pairing conceptual pieces with original studies in the same general topic area. Editors Lynn H. Turner and Richard West present readers with a thoughtful and thorough exploration of the critical issues facing family communication researchers today.

[Click Here](#) to read more.



**Family Communication**  
**By Chris Segrin**

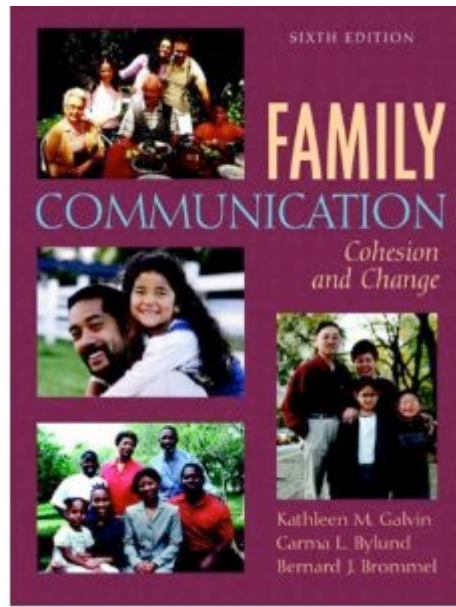
*Family Communication* carefully examines state-of-the-art research and theories of family communication and family relationships. In addition to presenting cutting-edge research, it focuses on classic theories and research findings that have influenced and revolutionized the way scholars conceptualize family interaction. This text offers a thorough and up-to-date presentation of scientific research in family communication for both teachers and students of family communication as well as professionals who work with families.

This second edition features:

- Chapters updated with the latest research, including over 2000 references.
- Material on understudied family relationships, such as extended family relationships and gay and lesbian relationships.
- Recent research on understudied topics in family communication, including the influence of technology on mate selection.

[Click Here](#) to read more.



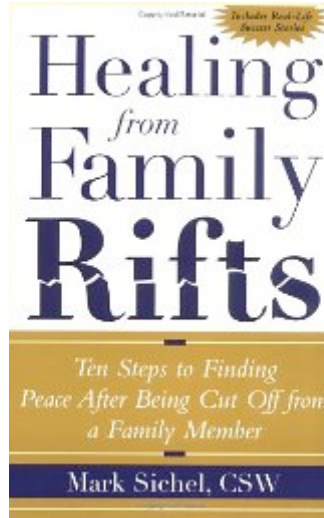


**Family Communication: Cohesion and Change**

**By Kathleen M. Galvin, Carma L. Bylund, Bernard J. Brommel**

*Family Communication: Cohesion and Change* examines the communication processes within families and how they affect and are affected by larger social systems. By viewing the family as a communication system with identifiable patterns, this book encourages readers to analyze family interaction patterns analytically and thoroughly.

[Click Here](#) to read more.



## **Healing from Family Rifts: Ten Steps to Finding Peace After Being Cut Off from a Family Member By Mark Sichel**

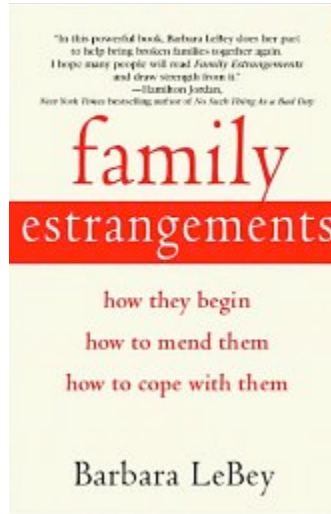
### **Ten steps to surviving a family rift, finding peace, and moving on.**

A family rift is one of the most traumatic experiences a person can face. It can have a profound effect on virtually every aspect of life, causing depression, relationship problems, and even physical illness.

*Healing From Family Rifts* offers hope to those coping with a split in their families. Family therapist Mark Sichel addresses the pain and shame connected with family rifts and offers a way through the crisis and on toward healing and fulfillment. Uniquely, Sichel does not assume that every rift will or even should be mended. Instead, he offers ways to recover from any outcome, including:

- A 10-step process to come to terms with the family dynamics that led to the split
- Methods to find peace and personal reconciliation
- Skills that help to build a second family of people whose values are in line with one's own
- Techniques to fight feelings of guilt when faced with a family rift

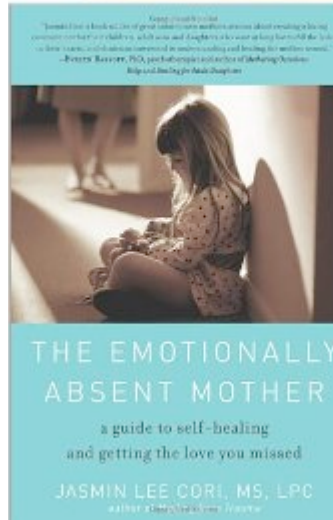
[Click Here](#) to read more.



**Family Estrangements: How They Begin, How to Mend Them, How to Cope with Them**  
**By Jane Adams**

How do today's parents cope when the dreams we had for our children clash with reality? What can we do for our twenty- and even thirty-somethings who can't seem to grow up? How can we help our depressed, dependent, or addicted adult children, the ones who can't get their lives started, who are just marking time or even doing it? What's the right strategy when our smart, capable "adultolescents" won't leave home or come boomeranging back? Who can we turn to when the kids aren't all right and we, their parents, are frightened, frustrated, resentful, embarrassed, and especially, disappointed?

[Click Here](#) to read more.

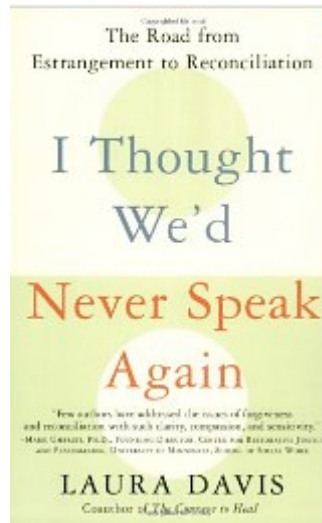


## **The Emotionally Absent Mother: A Guide to Self-Healing and Getting the Love You Missed** **By Jasmin Lee Cori**

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

[Click Here](#) to read more.

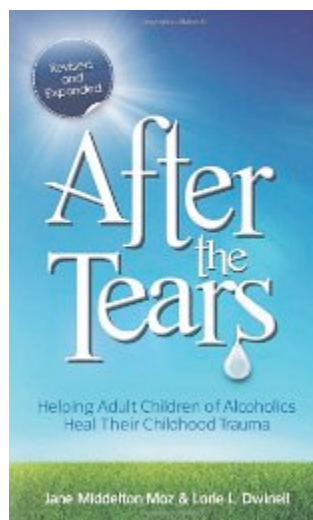


## **I Thought We'd Never Speak Again** **By Laura Davis**

In her bestselling classic *The Courage to Heal*, Laura Davis helped millions heal from the pain of child sexual abuse. Now, in *I Thought We'd Never Speak Again*, she tackles another critical, emerging issue: reconciling relationships that have been damaged by betrayal, anger, and misunderstanding.

Whether you want to reconcile a relationship that has ended, improve a relationship that is difficult or distant, or learn the skills you need for dealing with the inevitable conflicts we all face in life, this book will teach you to mend troubled relationships and find peace.

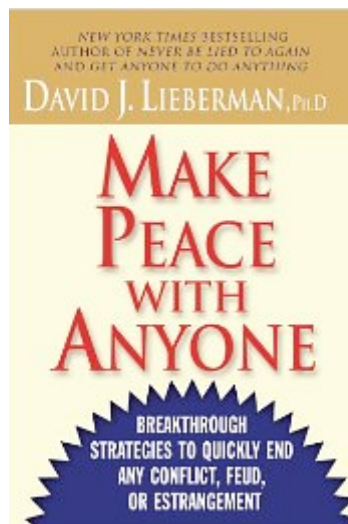
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**After the Tears: Helping Adult Children of Alcoholics Heal Their Childhood Trauma**  
**By Jane Middleton-Moz and Lorie Dwinell**

The trauma and grief of growing up in an alcoholic or addicted family create a lifetime of baggage. If you grew up in an addicted family, the dysfunction that permeated every aspect of your childhood may have seemed 'normal,' and you may not even realize the level of affect alcohol still has on your adult life—whether or not *you* drink.

[Click Here](#) to read more.



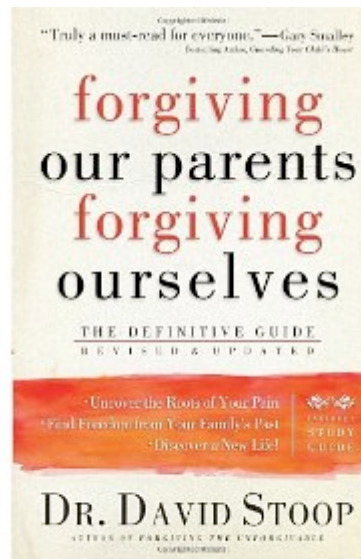
**Make Peace with Anyone**  
**By David J. Lieberman**

*Make Peace with Anyone* is the first book that shows readers how to quickly resolve any situation, no matter how long it's been going on, or how many people are involved. The techniques and psychological strategies presented here are simple, easy to understand, and work...fast. In this book readers will learn how to:

- \*End any family feud
- \*Get an apology from anyone
- \*Jumpstart any relationship or friendship
- \*Handle any passive-aggressive person

- \*Get the respect you deserve from anyone
- \*Dramatically improve any relationship
- \*Get anyone to forgive you for anything
- \*Align anyone to your way of thinking

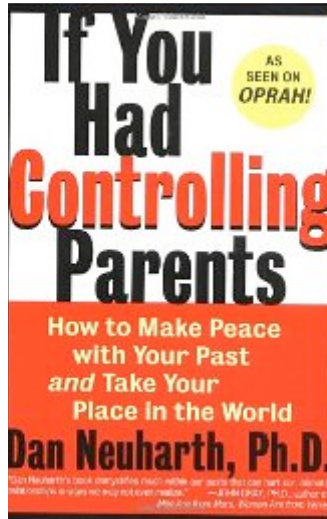
[Click Here](#) to read more.



### **Forgiving Our Parents, Forgiving Ourselves: Healing Adult Children of Dysfunctional Families By David Stoop**

For more than 15 years, people who grew up in dysfunctional families have found hope, healing and the power to move forward with their lives in the classic *Forgiving Our Parents, Forgiving Ourselves*. Now, in this revised and updated edition—including new stories, statistics and more practical help—a new generation can move beyond failure to forgiveness by understanding the roots of their pain.

[Click Here](#) to read more



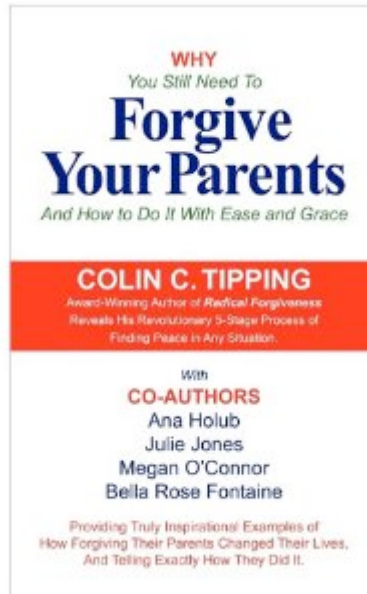
## **If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World**

**By Dan Neuharth**

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?

[Click Here](#) to read more

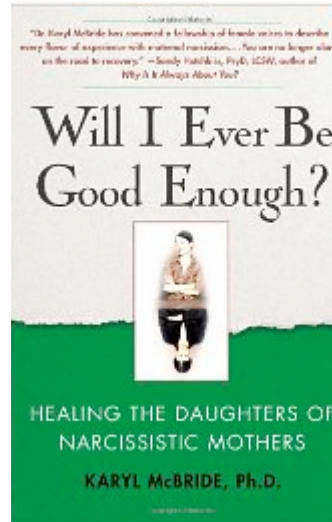




**Why You Still Need to Forgive Your Parents and How To Do It With Ease and Grace  
By Colin Tipping**

A remarkable book that offers amazing insights into how our unresolved issues with our parents can dramatically effect our happiness and our success in our adult lives. It gives very practical advice on how to easily dissolve the blocks using Radical Forgiveness and several co-authors share their experiences as example. This book is best read just before visiting family at Thanksgiving! But even if your parents are dead, it still offers a way to come to peace with your parents.

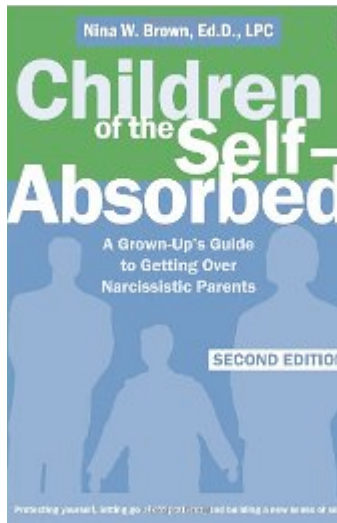
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**Will I Ever Be Good Enough?: Healing the Daughters of Narcissistic Mothers**  
**By Karyl McBride**

The first book specifically for daughters suffering from the emotional abuse of selfish, self-involved mothers, *Will I Ever Be Good Enough?* provides the expert assistance you need in order to overcome this debilitating history and reclaim your life for yourself. Drawing on over two decades of experience as a therapist specializing in women's psychology and health, psychotherapist Dr. Karyl McBride helps you recognize the widespread effects of this maternal emotional abuse and guides you as you create an individualized program for self-protection, resolution, and complete recovery.

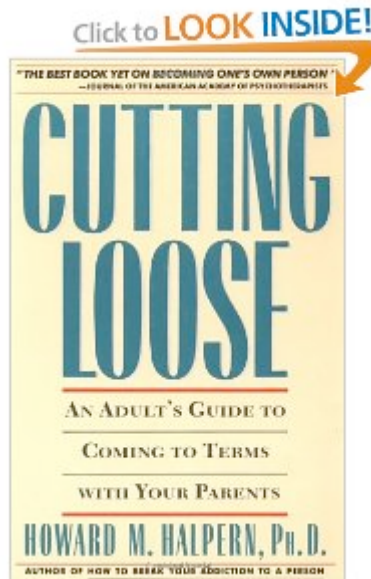
[Click Here](#) to read more.



**Children of the Self-Absorbed: A Grown-Up's Guide to Getting Over Narcissistic Parents**  
**By Nina Brown EdD LPC**

Being a parent is usually all about giving of yourself to foster your child's growth and development. But what happens when this isn't the case? Some parents dismiss the needs of their children, asserting their own instead, demanding attention and reassurance from even very young children. This may especially be the case when a parent has narcissistic tendencies or narcissistic personality disorder. From the author of *Working with the Self-Absorbed* and *Loving the Self-Absorbed*, this major revision of a self-help classic offers a step-by-step approach to resolving conflict and building a meaningful relationship with a narcissistic parent.

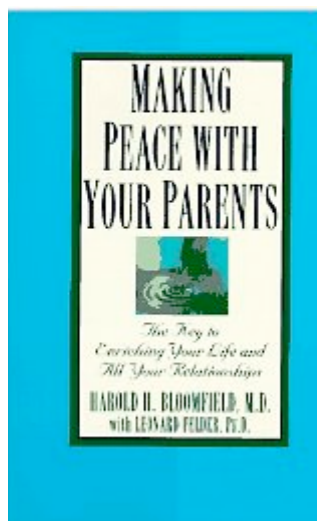
[Click Here](#) to read more.



**Cutting Loose: An Adult's Guide to Coming to Terms with Your Parents**  
**By Howard Halpern**

With more than 35 years of experience in psychotherapy, Dr. Halpern enables the adult child to understand his or her parent and foster a positive, healthy adult relationship.

[Click Here](#) to read more



**Making Peace with Your Parents**

**BY Harold Bloomfield M.D.**

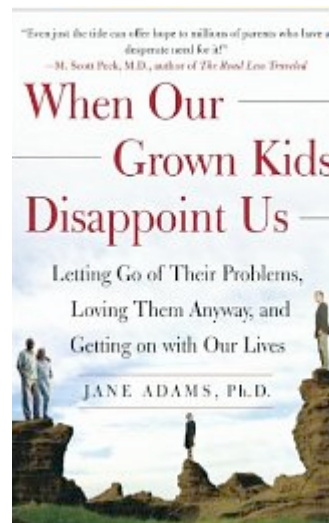
"No one book resolves a lifetime of hurts and misunderstandings, but it can remove the blinders from our eyes. Make an effort now."

LOS ANGELES TIMES

No matter how old you are and whether or not your parents are alive, you have to come to terms with them. This wise and practical book will show you how to deal with the most fundamental relationships in your life and, in the process, become the happy, creative, and fulfilled person you are meant to be.

*--This text refers to an out of print or unavailable edition of this title.*

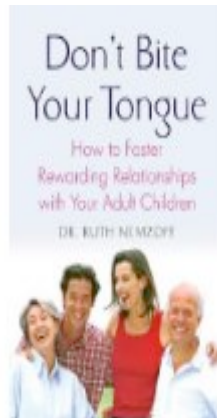
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**When Our Grown Kids Disappoint Us: Letting Go of Their Problems, Loving Them Anyway, and Getting on with Our Lives**  
**By Jane Adams**

How do today's parents cope when the dreams we had for our children clash with reality? What can we do for our twenty- and even thirty-somethings who can't seem to grow up? How can we help our depressed, dependent, or addicted adult children, the ones who can't get their lives started, who are just marking time or even doing it? What's the right strategy when our smart, capable "adultolescents" won't leave home or come boomeranging back? Who can we turn to when the kids aren't all right and we, their parents, are frightened, frustrated, resentful, embarrassed, and especially, disappointed?

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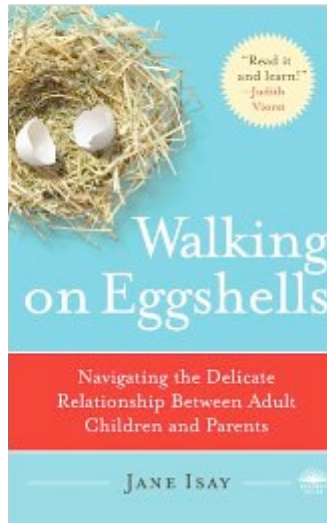
**Don't Bite Your Tongue: How to Foster Rewarding Relationships with your Adult Children  
BY Ruth Nemzoff**

Parents make enormous sacrifices helping children become healthy and autonomous adults. And when children are older, popular wisdom advises parents to let go, disconnect, and bite their tongues. But increasing life spans mean that parents and children can spend as many as five or six decades as adults together: actively parenting adult children is a reality for many families.

Dr. Ruth Nemzoff--a leading expert in family dynamics--empowers parents to create close relationships with their adult children, while respecting their independence. Based on personal stories as well as advice that she has accrued from years of coaching, this lively and readable book shows parents how to

- communicate at long distances
- discuss financial issues without using money as a form of control
- speak up when disapproving of an adult child's partner or childrearing practices
- handle adult children's career choices or other midlife changes
- navigate an adult child's interreligious, interracial or same sex relationships

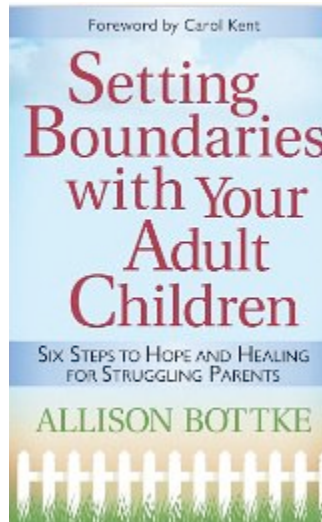
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**Walking on Eggshells: Navigating the Delicate Relationship Between Adult Children and Parents  
By Jane Isay**

We raise our children to be independent and lead fulfilling lives, but when they finally do, staying close becomes more complicated than ever. And for every bewildered mother who wonders why her children don't call, there is a frustrated son or daughter who just wants to be treated like a grownup. Now, renowned editor Jane Isay delivers the perfect gift to both parents *and* their adult children—real-life wisdom and advice on how to stay together without falling apart.

[Click Here](#) to read more



**Setting Boundaries® with Your Adult Children: Six Steps to Hope and Healing for Struggling Parents  
By Allison Bottke**

This important and compassionate new book from the creator of the successful God Allows U-Turns series will help parents and grandparents of the many adult children who continue to make life painful for their loved ones.

Writing from firsthand experience, Allison identifies the lies that kept her, and ultimately her son in bondage—and how she overcame them. Additional real life stories from other parents are woven through the text.

A tough–love book to help readers cope with dysfunctional adult children, *Setting Boundaries® with Your Adult Children* will empower families by offering hope and healing through S.A.N.I.T.Y.—a six–step program to help parents regain control in their homes and in their lives.

[Click Here](#) to read more.





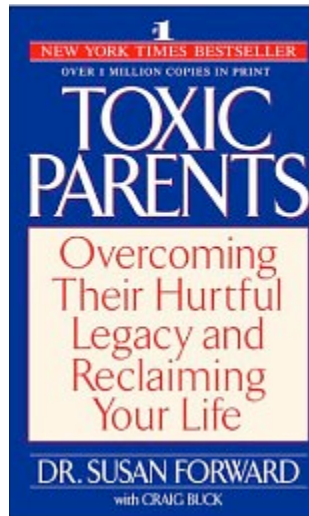
**When Parents Hurt: Compassionate Strategies When You And Your Grown Child Don't Get Along**  
**By Joshua Coleman**

In *When Parents Hurt*, psychologist and parent Joshua Coleman, Ph.D., offers insight, empathy, and perspective to those who have lost the opportunity to be the parent they desperately wanted to be and who are mourning the loss of a harmonious relationship with their child. Through case examples and healing exercises, Dr. Coleman helps parents:

- Reduce anger, guilt, and shame
- Learn how temperament, the teen years, their own or a partner's mistakes, and divorce can strain the parent-child bond
- Come to terms with their own and their child's imperfections
- Develop strategies for rebuilding the relationship or move toward acceptance of what can't be changed

By helping parents recognize what they can do and let go of what they cannot, Dr. Coleman helps families develop more positive ways of healing themselves and relating to each other.

[Click Here](#) to read more.



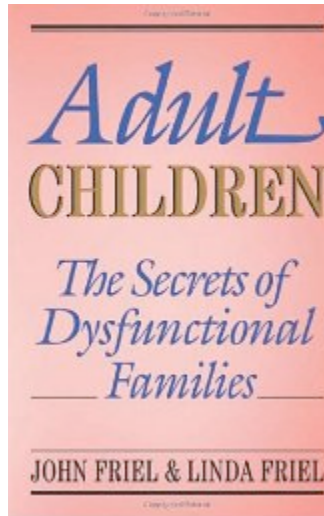
**Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life**  
**By Susan Forward and Craig Buck**

**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?

[Click Here](#) to read more.

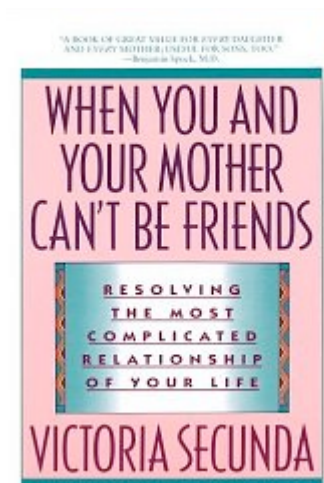


**Adult Children Secrets of Dysfunctional Families: The Secrets of Dysfunctional Families**  
**BY John C. Friel Ph.D. and Linda D. Friel M.A.**

It is estimated that as many as 34 million people grew up in alcoholic homes. But what about the rest of us? What about families that had no alcoholism, but did have perfectionism, workaholism, compulsive overeating, intimacy problems, depression, problems in expressing feelings, plus all the other personality traits that can produce a family system much like an alcoholic one?

Countless millions of us struggle with these kinds of dysfunctions every day, and until very recently we struggled alone. Pulling together both theory and clinical practice, John and Linda Friel provide a readable explanation of what happened to us and how we can rectify it.

[Click Here](#) to read more.



**When You and Your Mother Can't Be Friends: Resolving the Most Complicated Relationship of Your Life**

**By Victoria Secunda**

This, the first book ever to say that mother is not always a girl's best friend, is based on a landmark study of the mother-daughter relationships. Secunda offers breakthrough advice on understanding, and improving, what could be a woman's most critical relationship.

[Click Here](#) to read more.

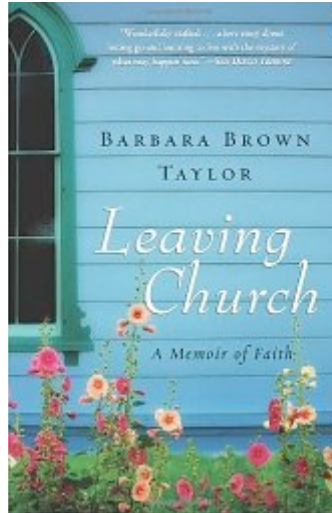


**Lost Childhoods: The Plight Of The Parentified Child**

**By Gregory J. Jurkovic**

Publication Date: **April 1, 1997** | ISBN-10: **0876308256** | ISBN-13: **978-0876308257** | Edition: **1**  
Parentification - the assumption of responsibility for the welfare of family members by children and adolescents - is increasing as a result of various forces both inside and outside of the family. Evidence suggests that pathological parentification of children has serious consequences for them, and for succeeding generations, as do other forms of maltreatment. This work is an exploration of the forces at work in families with parentified children - and the treatment strategies that hold the promise of interrupting a cycle of destructive behaviour. The author begins by guiding the reader from conceptualization to possible causes and manifestations of parentification, facilitating a clear understanding of how and why this scenario is common. The second part of the book builds on this foundation to introduce methods of assesment, treatment, and prevention. This part of the text includes insights into the professional, ethical and personal challenges faced by therapists who themselves have a history of pathological parentification.

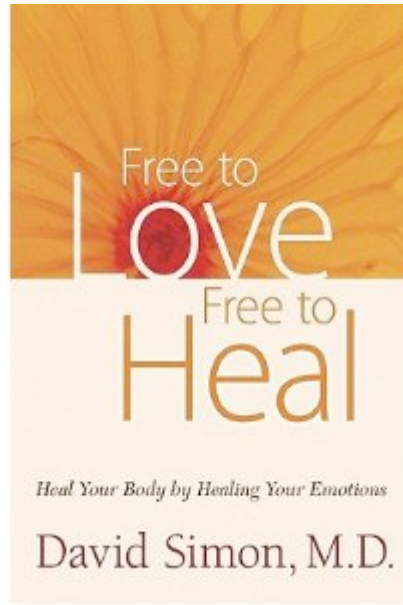
[Click Here](#) to read more.



**Leaving Church: A Memoir of Faith**  
**By Barbara Brown Taylor**

Taylor describes a rich spiritual journey in which God has given her more questions than answers. As she becomes part of the flock instead of the shepherd, she describes her poignant and sincere struggle to regain her footing in the world without her defining collar. Taylor's realization that this may in fact be God's surprising path for her leads her to a refreshing search to find Him in new places. *Leaving Church* will remind even the most skeptical among us that life is about both disappointment and hope -- and ultimately, renewal.

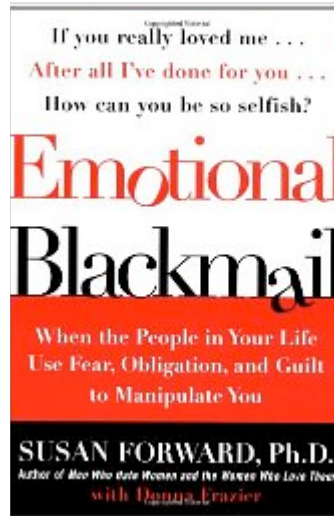
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**Free to Love, Free to Heal: Heal Your Body by Healing Your Emotions**  
**By Dr. David Simon**

Free to Love, Free to Heal offers a proven path to authentic healing. Drawing upon the Eastern healing arts and modern science, Dr. Simon shows you how to identify and transform the core misunderstandings that inhibit your body's natural healing response. Here is a five-step process that has helped thousands release their emotional pain, find freedom from the past, and reclaim their health and happiness. Dr. Simon provides a systematic approach to identifying, mobilizing, and releasing the life-damaging beliefs and memories that contribute to chronic pain, anxiety, obesity, irritable bowel syndrome, depression, addictive behaviors, chronic fatigue, and a host of other emotional and physical health problems. If you are prepared to become an active partner in your own healing journey, the information within this book will help you heal your emotions and heal your body.

[Click Here](#) to read more.



**Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You  
By Susan Forward**

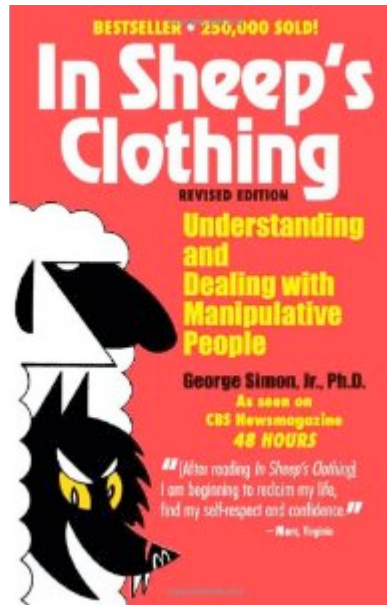
"If you really loved me..."

"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.

[Click Here](#) to read more.



**In Sheep's Clothing: Understanding and Dealing with Manipulative People**  
**By George K. Simon Ph.D.**

Subtitled Understanding and Dealing with Manipulative People, this is the international bestseller from Dr. In Sheep's Clothing is used in thousands of psychiatric clinics worldwide and has been purchased by 250,000 to date.

[Click Here](#) to read more.