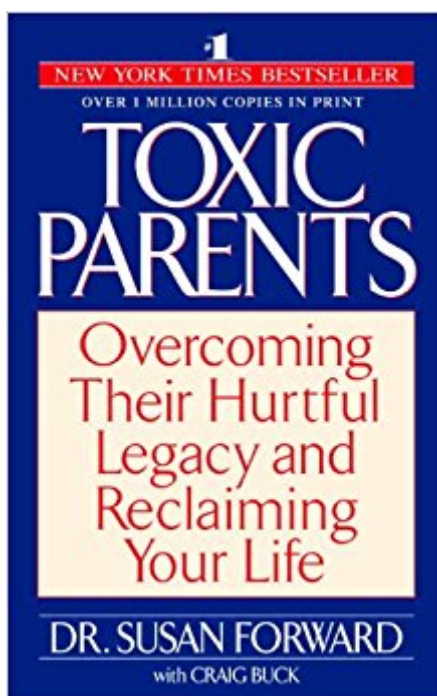


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# Toxic Parents: Overcoming Their Hurtful Legacy And Reclaiming Your Life



## Synopsis

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.

## Book Information

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## Customer Reviews

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.

“A dynamic, powerful, hard-hitting book. It offers tremendous hope as well as understanding. It could truly be a lifesaver.” Abigail Van Buren, “Dear Abby”

“I consider Susan Forward to be among the foremost therapists of our age.” John Bradshaw, author of *Healing the Shame That Binds You* and *Homecoming*

Bantam Books by Susan Forward: *Men Who Hate Women and the Women Who Love Them*; *When Loving Hurts and You Don't Know Why*; *Obsessive Love: When It Hurts Too Much to Let Go*; *Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life*

I once heard this quote: Our neuroses cause the most psychic distress when those who inculcated them die and move beyond argument and mercy. This book brought me a lot of peace of mind before and after my father died. It enabled me to share with my father how the past had caused me great pain, but I nonetheless wanted to move beyond that in a more helpful and loving way. He could not hear what I had to say, but being able to articulate it, after reading this book, gave me great peace of mind for many years afterwards. So, when he passed away, I had no regrets about not having tried to heal the relationship. I had done all I could responsibly do; I resolved I was not responsible for the rift that had lasted for two decades. I was free.

This book is by far the most helpful and insightful book I've ever read. I was always indirectly verbally abused by whole life by my father and grandmother in terms of teasing about my physical appearance and calling me sensitive or saying that I know they are just teasing when I would get upset. I would have severe anxiety anytime I had to visit them since I never knew what they were going to pick on me about. The past year I have finally started to talk back and not take the verbal abuse. Because I've stopped taking it and changed the family dynamic, my Father turned to physical abuse a couple days ago. This book is a lifesaver to help me cope with what happened, how I can move past this incident, and not repeat the cycle of verbal/physical abuse with my future children. My parents divorced when I was around age 8 and after the incident this weekend, my mother is finally telling me all the things he used to do to her when they were married. I've finally realized that being verbally abused by family isn't normal and it should be a safe place where you are accepted. My mother is going to read this book also since her father was also extremely verbally abusive. I'm doing the exercises the book outlines and I'm amazed at how much sadness and anger I have inside. I've finally let go of the facade of having the perfect father. This book will make you cry so I suggest reading it alone to fully soak in and reflect.

This book is so great. I purchased it as a gift to a friend, who is also VERY MUCH enjoying the

insight being provided. Not all parents are toxic, all parents are people too. But this book was wonderfully helpful to me when I was trying my hardest to grow up and mature under all the wrong influences of an alcoholic father, and an enabling mother. This book also helped me better identify with other adult and youth sufferers of abuse. A must read.

The book is great if you are still able to confront your Toxic Parents, but if they have already passed away like mine. Your only option is to write a letter to them, and possibly read it at their graves or just out loud. This provides no feedback or two way discussion and no way to understand what happened when you were truly a small child that may be affecting you

only in the first 50 pages and can't put it down! Everything is spot on!

Teaches one forgiveness of Toxic Parents. After all, somewhere along the line, they've probably had Toxic Parents too.

This was recommended to me by a counsellor about a year ago. I have since recommended it to some friends, as it is very helpful. The book itself is rather old, but the subject matter is even older. It opened my eyes to a lot of rubbish I've been dealing with since childhood, not just from my parents but from my grandparents and older sibling as well. Doctor Forward not only helps the reader identify toxic relationships between family members, but also shows how to start the healing process. She advises that the reader seek professional therapy in addition to using her techniques. The techniques themselves seem simple enough, but can be emotionally draining. I have compared it to lancing an abscess: the gunk inside is released and the wound(s) is (are) allowed to heal properly.

I read this book after my spouse told me that I had a problem and I needed help. Instead of investing money in a therapist, I read through and did the exercises in this book and I have successfully managed my problem with my parents. My parents were not as bad as what this book made them out to be, but the techniques work just the same. I was engaged and about to get married when everything went into a downward spiral thanks to my folks. After reading this book and coming to terms with my situation, I was able to save my marriage and manage my parents. I recommend this book to anyone that has a spouse that doesn't like to spend time with your family. 'Toxic' is a harsh word, but once you get past the word you can start to repair your life.

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