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adult child of toxic
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parents fall short from
time to time. But Susan
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punches when it comes
to those whose
deficiencies cripple
their children
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...**

"It's not always easy to
figure out whether your
parents are, or were,
toxic. A lot of people
have difficult
relationships with their
parents. That alone
doesn't mean your
parents are
emotionally
destructive. Many
people find themselves
struggling on the cusp,
questioning whether
they were mistreated
or whether they're
being 'oversensitive.'

Forward, Dr. Susan -

Toxic Parents: Overcoming Their ...

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This book isn't about
placing the blame or
shaming anyone's
parents, but it is about
recognizing where the
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the hurt really lies.
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come in many different
forms, some subtle and
some outright
aggressive. Toxic
parenting hurts
children in ways that
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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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