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Susan Forward's Toxic Parents:
Overcoming Their Hurtful Legacy and

Reclaiming Your Life provides a much-needed guide on how victims of abuse can But we often turn a blind eye to the scars created by child abuse - we want to believe in the sanctity of family, even when millions of children

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grow up battered both inside and out.
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Freeing Yourself from the Legacy of
Toxic Parents If you are an adult child

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of toxic parents, there are many things you can do to free yourself from their distorted legacy of guilt and self-doubt. I ' ll be discussing these various strategies throughout this book. And I want you to proceed with a great deal of hope.

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whose deficiencies cripple their
children emotionally.

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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

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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.'

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Legacy, Dr. Susan - Toxic Parents:
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This belief fosters strong feelings of
self-loathing and shame. In addition to

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having somehow to cope with the actual incest, the victim must now guard against being caught and exposed as a ‘ dirty, disgusting ’ person ” . Susan Forward, Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life.

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Legacy and Reclaiming
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One of the first best-selling books defining toxic parents and how to overcome their hurtful legacy and reclaim your life was written by Susan Forward. The book Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life is absolutely an essential book to read if you had

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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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true responsibility for the hurt really lies. Abuse and toxicity come in many different forms, some subtle and some outright aggressive. Toxic parenting hurts children in ways that neither children no parents can fully comprehend.

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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

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your parents -- and discover a new
world of self-confidence, inner
strength, and emotional
independence.

Toxic Parents, Overcoming Their
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