



How to Cope with Difficult Parents: (Overcoming Common Problems)

Windy Dryden

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A guide for adults who suffer from problems in their relationships with their parents, yet feel that family links should continue. This book advises how problems can be faced and resolved in a mature way so that cycles of confrontation can be broken. The authors believe that all behaviour is learned from people around us, so it is vital that problems in the family group are resolved before they begin to affect the next generation of parents and children. The book deals with emotional blackmail, rejection, manipulation, constant demands, guilt, jealousy and abusive or critical behaviour. It aims to prevent people reverting back to childhood reactions and help people to avoid repeating destructive patterns in their adult behaviour. The authors have also written "Think Your Way to Happiness" and "Beating the Comfort Trap".

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