



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

By Susan Forward, Craig Buck

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### 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.

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### **Editorial Review**

Amazon.com Review

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.

Review

"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**

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From the Publisher

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## **Users Review**

### **From reader reviews:**

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**Mark Smith:**

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