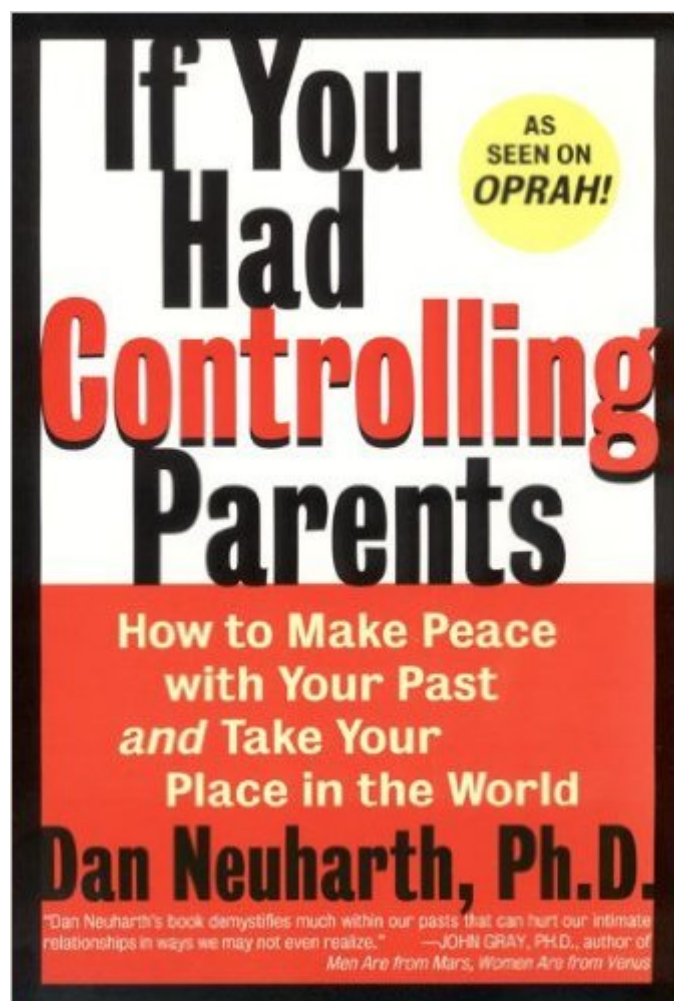


The book was found

If You Had Controlling Parents: How To Make Peace With Your Past And Take Your Place In The World



Synopsis

Do you sometimes feel as if you are living your life to please others? Do you give other people the benefit of the doubt but second-guess yourself? Do you struggle with perfectionism, anxiety, lack of confidence, emotional emptiness, or eating disorders? In your intimate relationships, have you found it difficult to get close without losing your sense of self? If so, you may be among the fifteen million adults in the United States who were raised with unhealthy parental control. In this groundbreaking bestseller by accomplished family therapist Dan Neuharth, Ph.D., you'll discover whether your parents controlled eating, appearance, speech, decisions, feelings, social life, and other aspects of your childhood—and whether that control may underlie problems you still struggle with in adulthood. Packed with inspiring case studies and dozens of practical suggestions, this book shows you how to leave home emotionally so you can improve assertiveness, boundaries, and confidence, quiet your "inner critics," and bring more balance to your moods and relationships. Offering compassion, not blame, Dr. Neuharth helps you make peace with your past and avoid overcontrolling your children and other loved ones.

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Customer Reviews

I am a fifty-one year old single parent and college professor who, on the outside, appears to have a successful life. My career goals have been met--twice--and my appearance is one of a confident female in her field. My two children are in college and doing well in this age of disconnectedness between parents and children, What my friends and colleagues do not see is my inner life of poorly chosen relationships, broken dreams, self-hate, and fear of failure. After years of therapy, I knew

that there was something not right in my original family--sibling aggression, phobias, etc.--that I feared confronting. Through Dr. Neuharth's book, I targeted the problem and now know I am not unique in being a child of controlling parents, and that my siblings are struggling with their own self-doubt and fear. This book takes a simple approach to understanding a complex problem by explaining why so many of us are still struggling with just trying to grow up. What a revelation!! I recommend this book to anyone who feels there is a problem with themselves but are not able to put their finger on the reason and who would like to finally do so. The format of checklists with dialog cuts to the chase without having to read through volumes of related literature. I have sent copies to my brothers and sisters and can now feel 'okay' about my decision to put space between my parents and me while I learn to deal with the situation. This was the best book I have ever read to sort out the "whys" of my feelings: a definite 'MUST-READ'!

This book was written for those of us who grew up in an unhealthy environment, and had parents who controlled us in unhealthy ways. The author emphasizes working through our issues as adults, not playing "blame games." Interviews with people from all walks of life are liberally quoted throughout each chapter. What makes this book exceptional is that the author is advocating education and change, not revenge. He shows how examining your parents' history in detail can help you heal and move forward as a fully functioning adult free to make decisions based on something else than what your parents' would say. Controlling parents don't have to be outwardly abusive nor do they always have malevolent intentions towards their children. However, trauma stays with a person and its after-effects can be passed on to the next generation. The author clearly contrasts unhealthy with healthy parenting and offers checklists to help the reader. He explores why people overcontrol, and he provides exercises to help the reader work through his or her feelings. Most helpfully, he reiterates that it was not the reader's fault, and it is not required that the reader change - but if he or she begins to explore that possibility, it can lead to great rewards.

This book is one of the best self help books I have read in a long time. It dealt more with the emotional than the physical abuse in childhood. I have always had a hard time because to me emotional abuse specially when mixed with religion can be so easily justified in your mind. You can feel like "something is really wrong here", but then in the same breath say "well they love me so much and are just obeying God and what he requires of parents". I have been eaten up with guilt for the rebellion against my parents that I displayed as a teenager. Now though I realize I rebelled against their control, not against them in order to hurt them or make them miserable. I read this

book, started seeing a therapist and confronted my parents and let me tell you how much freedom I feel for the first time in life. I actually feel happy, and a great sense of hope. What do I owe my parents? Why am I so fearful of hurting their feelings? Why can't I just do what is healthy for me? The book answered these questions and the exercises were wonderful. We need more books like this one because obviously there is a problem in parenting that needs to be looked at and changed fast! Kids are becoming more violent, less respectful of authority, and completely losing any conscience what-so-ever. So if I can break the generation sin that has been passed down for generations, then I am thankful I was put in the home I was put in and strong enough to SURVIVE!

This is the only book that I have read regarding growing up in a painful childhood that made complete sense to me. I couldn't believe how much I related. Before I read the book, I was asking myself if I had an abusive childhood. After all, my parents were always telling me that they loved me. But, they only said it with words, never showed it with actions. I was not physically or sexually abused. I was emotionally abused and severely neglected. It all made sense to me when I realized the controlling nature of my parents fit into the abuse category. I strongly identified with this book. I realized that I was right in my feelings that I had an unhealthy childhood. This book was very validating and liberating for me and it was easy to read. It was not filled with a bunch of over-my-head language. I read this book about 5 or so years ago, I think. But, it has been an invaluable resource for me.(...)When I need more information or resources, I usually end up on his website.

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