



## Dealing with Difficult Parents

*Mark Hodgson, Helen Lilley*

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Do you feel your relationship with your parents could be better?

When you talk to your parents, do you feel like a child again?

Do you find yourself behaving in ways you thought you'd grown out of when you argue with them?

It is hard to talk to them honestly about your life?

This book is for anyone who wants to build a more adult relationship with their parents.

So many people feel trapped and frustrated by emotional blackmail, rejection, manipulation, constant demands, guilt, jealousy and criticism, and this book offers constructive advice to help you face and resolve problems in an adult way. Essential reading for anyone with family problems, it will help you and your parents find a new, more satisfying way of getting along.

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