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# Making Peace With Your Adult Children



## **Synopsis**

This is a book for parents who are shocked, grief-stricken and stressed because their relationships with their adult children are not what they had hoped for after the storms and stony silences of adolescence passed. For some, the storms have yet to pass as their adult children become strangers who move on and exclude parents from their lives or who become perpetual adolescents refusing to leave the nest. *Making Peace With Your Adult Children* is a guide through the minefields of money issues, conflict over adult childrens' lovers, spouses and lifestyles, clashing expectations, communications barriers, struggles over grandchildren and more. Written by a licensed marriage/family therapist who is also an award-winning author, *Making Peace With Your Adult Children* gives practical tips on ways to find peace with adult children and also how to find peace within.

## **Book Information**

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## **Customer Reviews**

I recommend this book to any parent, especially mothers who have ongoing issues with their adult child, especially daughters. I've read a variety of books on mother-daughter relationships. While I

got a lot out of all the books, this one was "right on". It hit on every emotion and issue that is affecting our relationship. Not knowing the right way to handle our estranged relationship, the author provided many options to consider. At least I no longer feel like I'm beating myself up and banging my head up against the wall. Now learning to take responsibility for my actions and stop the expectations k, hopefully renew our relationship... or maybe not. The information is very helpful and I really recommend the book. The author got it right... and to the point.

I sat down and and read this book immediately, in part because I really need this information and in part because I just got hooked! This is a wonderfully written, easy to read, very clear guide for distressed parents of adult children who have become strangers to them or who won't get out of the nest. I liked the clearly written practical action tips for each kind of issue and though I don't usually like anecdotes in self help books, the stories used here were interesting, compelling and I could relate. There is a refreshing economy to this book: it is to the point and practical with lots of excellent advice. Now I'm going to go back and read it again!

When your children are young and constantly holding on to your pants leg (or skirt), you never imagine that when they grow up, those moments of closeness might evaporate with one of them, and suddenly you're estranged. "Making Peace with Your Adult Children" is helping me heal by making it clear I'm not alone in my silent suffering. It's an insightful and helpful guide that, well, costs far less than a session with my shrink. What's so interesting is that Kathleen McCoy helped my children and me when they were growing up through her "Teen-Age Body Book" and "Teen-Age Depression" book. And now I'm the beneficiary of another chapter in life's saga with children -- as adults -- thanks to Dr. McCoy. And she writes so very well that this is a very easy and engaging read. It also would be a quick read but I routinely stop to savor a piece of advice or an example along the way and suddenly I'm back again in memoryland in a happier time with my particular adult child. This will be a well-worn e-book for me -- and a godsend.

This was a great book. It really helped me to understand myself and my daughter a lot better. This book did not make me feel like a bad mother who spoiled her kid. I love the way the author compared her own family and experiences.

This is the only guide book you will ever need to deal with adult children that is practical, well written and easy to try on your own family. Nobody has children thinking that the fights over money or

babysitting the grandchildren or who mom loves best will come out of a 35 year old son's mouth, but it does and often. The author has great examples for each type of situation you may find yourself in such as free babysitting instead of being the grandparent and she offers solutions that do not require hours of agonizing over what to say and how to say it. For anyone with family, this is a book you need to have and read to deal with the adult children, and if you are an adult child, you also need to read this. kbt

This book provides timely insight into the situations of the 21st century in which many baby boomers are living longer and are experiencing the many challenges of their relationships with their grown sons and daughters. From common situations in which adult children continue to stay in the home with their parents to challenges of expectations of adult children for grandparents to be de facto care givers for their grandchildren, this book explores these all too real challenges with poignant real life scenarios and options for many of us who may not realize a way out of these common family challenges and conflicts. Helpful every day advice assists the reader in realizing that you are not alone in this situation and there are practical solutions to so many family dilemmas for parents with adult children who so often are "not on their own"

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