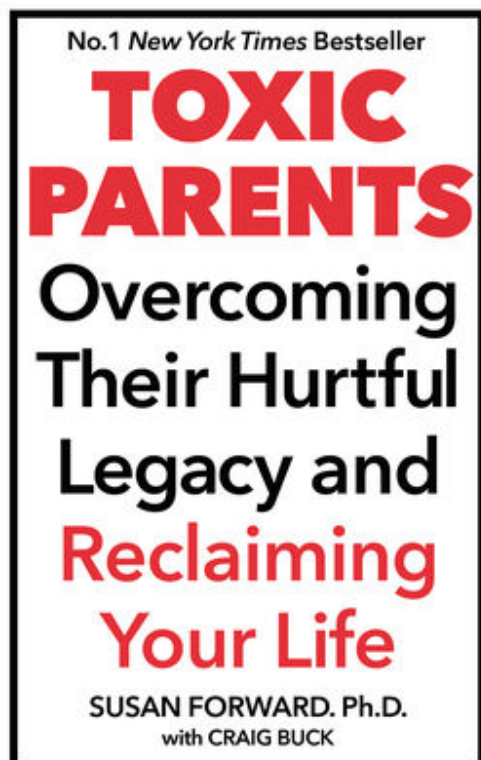


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Bestselling author and psychologist Dr Susan Forward offers effective alternatives for achieving inner peace and freeing yourself from frustrating patterns of relationships with your parents.

Millions of lives are damaged by the legacy of parental abuse:

- Parents who ignored their children's needs or overburdened them with guilt.
- Parents who were alcoholic or addicted to drugs.
- Parents who were exploitative and cruel, or simply indifferent and inadequate.

When these children reach adulthood the damage done by their toxic parents manifests itself in depression, or difficulties with relationships, careers and decision-making. In *Toxic Parents*, Dr Susan Forward shows why it is so difficult to put the past behind you and helps readers to confront this painful legacy with tested self-help techniques.

With this book as your guide, you will discover an exciting new world of self-confidence, inner strength and emotional independence.

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Author	:	Susan Forward
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