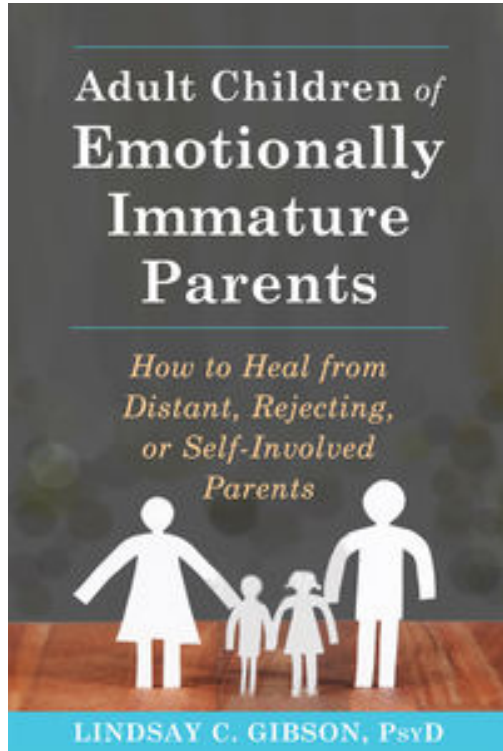


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In this breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents' emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you'll learn how to create

positive, new relationships so you can build a better life.

Discover the four types of difficult parents:

- The emotional parent instills feelings of instability and anxiety
- The driven parent stays busy trying to perfect everything and everyone
- The passive parent avoids dealing with anything upsetting
- The rejecting parent is withdrawn, dismissive, and derogatory

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