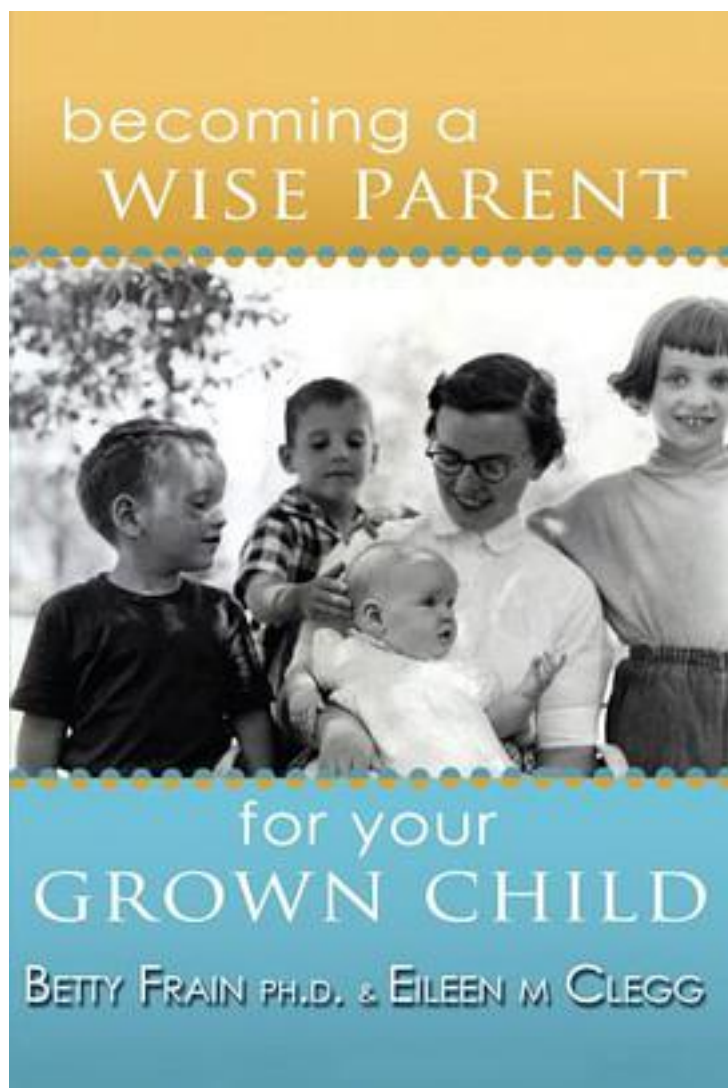


Becoming a Wise Parent for Your Grown Child



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Has one of your grown children boomeranged back home? Do you want to support their independence without rejecting them? Or, at the other end of the spectrum, have you lost touch with your adult child? Do you want to re-connect but are worried about meddling? Becoming a Wise Parent for your Grown Child is a warm and practical guide that gives parents a step-by-step approach to handling the many problems that can arise with grown children: How to relate to a grown child who has chosen a lifestyle radically different from your own How to establish boundaries and remain close How to support autonomy so they can move away from home successfully How to give feedback, not unwanted advice When to speak up and when to bite your tongue about the way your son or daughter is treating his or her own children. Filled with lively real-world examples and challenging self-assessment questions, this book shows you how to gain some distance from the issues you're facing, put your adult children's problems in perspective, and speak up or take action in a way that will strengthen your relationship with them. Authors and book featured in a special feature on the Failure to Launch DVD. More information: www.becomingawiseparent.com

作者介绍:

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