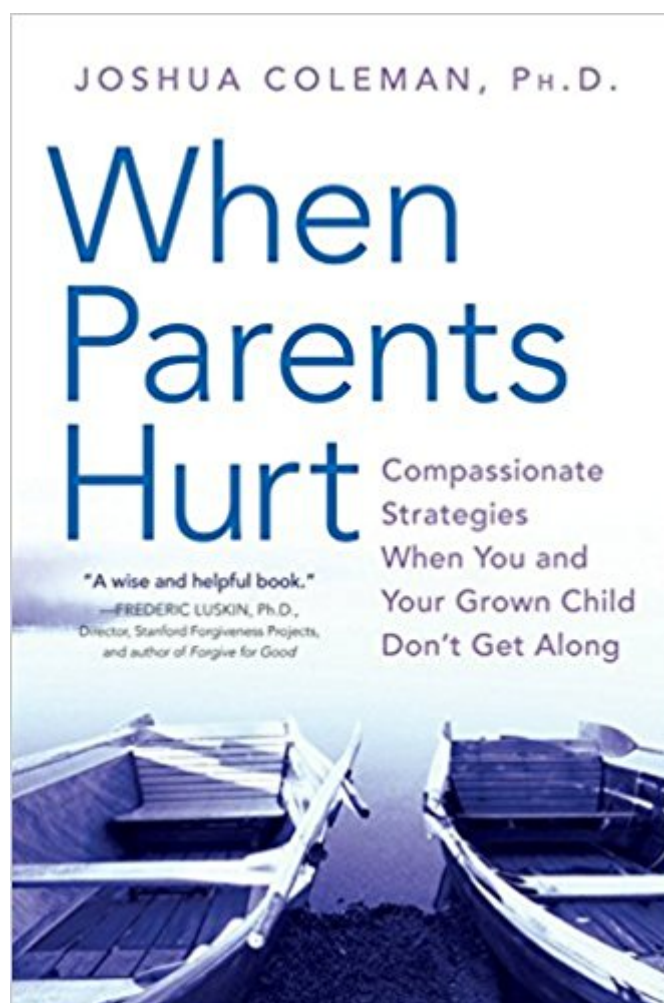


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# When Parents Hurt: Compassionate Strategies When You And Your Grown Child Don't Get Along



## Synopsis

In *When Parents Hurt*, psychologist and parent Joshua Coleman, Ph.D., offers insight, empathy, and perspective to those who have lost the opportunity to be the parent they desperately wanted to be and who are mourning the loss of a harmonious relationship with their child. Through case examples and healing exercises, Dr. Coleman helps parents: Reduce anger, guilt, and shame Learn how temperament, the teen years, their own or a partner's mistakes, and divorce can strain the parent-child bond Come to terms with their own and their child's imperfections Develop strategies for rebuilding the relationship or move toward acceptance of what can't be changed By helping parents recognize what they can do and let go of what they cannot, Dr. Coleman helps families develop more positive ways of healing themselves and relating to each other.

## Book Information

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## Customer Reviews

Parenting and relationship expert Coleman points out that one can be a devoted parent and still have things run amok. Parents who have made mistakes and those who haven't can both be involved in a hurtful relationship with an older child; Coleman's focus is on helping the parent cope and carry on. In individual chapters, he explores the many reasons why a relationship can falter, examining how divorce, mismatches in child/parent personalities and the demands of a competitive society can adversely affect the child/parent relationship. Using case studies from his psychology practice as well as his own experiences as a divorced father who once faced a difficult time with his eldest daughter, Coleman provides strategies for managing the guilt and regret that can arise in

parents as children grow into teens and young adults. He advises parents to take responsibility for their past actions, to make amends, to forgive both themselves and their children, and to move guilt and shame to the background and gratitude to the foreground. By following these "essential principles," Coleman claims, emotionally wounded parents will begin to overcome the pain of relationships gone awry and move on to a more hopeful future. Coleman's personable writing style makes this an engaging read despite the serious subject matter. (June) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

“A wise and helpful book.” (Frederic Luskin, Ph.D., Director, Stanford Forgiveness Projects and author of *Forgive for Good*) “Joshua Coleman’s book is a gift, offering extraordinary wisdom coupled with practical advice.” (Steven Mintz, Center for Advanced Study in the Behavioral Sciences and author of *Huck’s Raft: A History of American Childhood*) “An especially healing, practical resource. . .for anyone exhausted by strained, hurtful relationships with their adolescent or grown child.” (--Dr. Linda Nielsen, Professor of Adolescent Psychology & Women’s Studies, Wake Forest University and author of *Embracing Your Father: Building the Relationship You Always Wanted With Your Dad*) “I LOVE this book. [It] is written from such a realistic and compassionate perspective that it is heart-warming.” (Hara Estroff Marano, Editor at Large, *Psychology Today*; author of *A Nation of Wimps*) “Exceptionally perceptive.” (--Stephanie Coontz, Author of *Marriage, a History: How Love Conquered Marriage and The Way We Never Were*) “A superb treatment...a unique and groundbreaking approach...an eyeopening read for anyone.” (Library Journal (starred review)) “Coleman’s focus is on helping the parent cope and carry on...an engaging read despite the serious subject matter.” (Publishers Weekly) “An important book that can help parents heal.” (Baltimore Sun) “. . .desperately needed. . . a truly great book for parents, and a great book for therapists who work with families.” (--Heather Folsom, M.D., author and adult and child psychiatrist) “This is an incredibly insightful and sensitively written analysis of a difficult subject. . . .I have recommended it to many of my clients. . . .I highly recommend it to all parents who hurt.” (--Jan Levine, Ph.D., co-author of *Why Do Fools Fall in Love?*)

This book opened my eyes about parenting adult children and helped me understand the dynamics between my adult daughters and me. I don’t have major issues with my children, but I felt hurt

perhaps because they grew up and I felt that I was no longer important in their lives. My role changed from "indispensable mommy" to a casual consultant in regards to making decisions in my children's lives. The transition to parent young children to adult children feels to me like being demoted from captain of the ship to petty officer third class... but this book helped me understand that dynamic and finally I understood that my role might have changed but never the love between my children and I. I really recommend this book, not only if parents are having issues with their adult children, but even before any issues arise and just to help understand the dynamics between parents and adult children.

Much more insightful than the standard books on this subject. Instead of counseling hurting, estranged parents to bite their tongues and apologize, ad nauseum, Coleman spends a good deal of time offering historical contexts for parent-child estrangement. Very helpful, emotionally. THEN he offers the standard pap, though along with less self-effacing strategies if you choose to re-engage with your adult child. Some decide not to, he points out. Some parts of the book deal with parent-child interactions, from the perspective of adults who have now been shunned by their own adult children. For those who haven't spent their lives in therapy, this would be exceptionally helpful.

I thought this was a very helpful book for parents who have a difficult adult child. It covers several strategies that are very helpful. Many parents feel guilt and shame about this subject. This book will help them to know they are not alone. I am a therapist at Life Management Counseling in Torrance, Calif. and several of my clients found this book to be very helpful in addition to support groups.

Not new concepts or info to me although I'm a long time counselor so may not be representative of most readers. I appreciate the specific ideas & "how to's". There also aren't many books available on this topic.

I have never walked away from a parenting book with so much comfort, understanding and resources on what to do with my situation regarding the respective problems with my two teens than what I have gleaned from this insightful and wise book. Thank you to Dr. Coleman for saving me from my worries and angst and guiding me away from doing the wrong thing by pointing out what to avoid and for specifically showing me what a healthy relationship and parenting of a teenager / adult child looks like by giving me what to strive for. I am eternally grateful to you.

This book was a help to me as it gave me some insight. I need to re-read it again. I bought the kindle edition and I highlighted the parts that pertain to my particular situation. Not all of the book was for me and I skipped those chapters. Worth the money I spent on it.

This is a great book to keep in your library and the knowledge learnt is invaluable. Great read and good book

The author seems to understand the anguish a parent can have when there are difficulties in the parent-adult/child relationship. I wrote a letter to my son after reading the book and his response was better than I had hoped for.....

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