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Forward, Dr. Susan - Toxic Parents: Overcoming Their ...

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This belief fosters strong feelings of self-loathing and shame. In addition to having somehow to cope with the actual incest, the victim must now guard against being caught and exposed as a 'dirty, disgusting' person". – Susan Forward, *Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life*.

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One of the first best-selling books defining toxic parents and how to overcome their hurtful legacy and reclaim your life was written by Susan Forward. The book Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life is absolutely an essential book to read if you had abusive, ignorant, inadequate, alcoholic or addicted parents.

Toxic Parents - Parents who do unloving things in the name ...

Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life by Forward, Susan at AbeBooks.co.uk - ISBN 10: 0553057006 - ISBN 13: 9780553057003 - Bantam Doubleday Dell Publishing Group - 1989 -

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This book isn't about placing the blame or shaming anyone's parents, but it is about recognizing where the true responsibility for the hurt really lies. Abuse and toxicity come in many different forms, some subtle and some outright aggressive. Toxic parenting hurts children in ways that neither children no parents can fully comprehend.

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In this remarkable self-help guide, Dr. Susan Forward draws on case histories and the real-life voices of adult children of toxic parents to help you free yourself from the frustrating patterns of your relationship with your parents -- and discover a new world of self-confidence, inner strength, and emotional independence.

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