

Forgive Your Parents, Heal Yourself: How Understanding Your Painful Family Legacy Can Transform Your Life, 1999, 279 pages, Barry Grosskopf, 068482406X, 9780684824062, Free Press, 1999

"A profoundly moving guide to personal and family growth that teaches us it is healthier to forgive than to blame." For a generation, pop psychology and psychotherapy have promised healing and self-fulfillment through examination of our own childhood stories. We have been encouraged to indulge our interest in ourselves, to embrace our victimhood, and to reclaim and nurture the wounded inner child. But psychiatrist Barry Grosskopf has found a different path. Drawing on the ancient biblical tradition of the Fifth Commandment, "Forgive Your Parents, Heal Yourself" asks adult children to reframe their family's painful legacy as a way to free themselves from childhood hurt and trauma. In this exceptionally wise and refreshing departure from standard recovery and relationship books, Grosskopf emphasizes the healing power and benefits of forgiveness and shows how adult children can approach their parents with open hearts -- without recrimination or blame -- to hear the stories of their family's past. Informed by both his experiences with patients and his command of issues in psychology and neuroscience, Grosskopf has developed a sophisticated and powerful plan through which children can repair their own character and relationships by respecting and understanding even hurtful caregivers. He suggests the questions to ask our parents and grandparents about their childhoods, how and when to ask them, and how to use the information to change self-destructive patterns. Drawing upon a range of case studies and personal stories, including his own family experiences, Grosskopf leads us through a series of chapters that provide insight into the most difficult problems that can arise in a troubled childhood, from untimely loss to depression to food and drug addictions. We discover a novel approach that is particularly effective with survivors of the Holocaust, sexual abuse, and abandonment, for whom traditional self-help techniques rarely work. "Forgive Your Parents, Heal Yourself" encourages us to restore relationships with our parents, siblings, partners, and children and gain greater health, happiness, and emotional wholeness along the way.

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The Whole Parent: How To Become A Terrific Parent Even If You Didn't Have One , Debra Wesselmann, 1998, Adult children of dysfunctional families, 368 pages. An important look at how parents can break free from their past unhealthy parent-child relationships and provide a healthy psychological foundation for their children..

Becoming your own parent the solution for adult children of alcoholic and other dysfunctional families, Dennis Wholey, Mar 1, 1990, Self-Help, 285 pages. Explains how alcoholism in a parent can distort a childhood and shows how adults can recreate the nurturing they missed as children.

Healing Pain Attachment, Loss, and Grief Therapy, Nini Leick, Marianne Davidsen-Nielsen, 1991, Family & Relationships, 177 pages. The authors describe methods of treatment they have developed to help people suffering loss. Starting with an account of the grief process and an outline of models, they give.

Understanding and Preventing Suicide The Development of Self-destructive Patterns and Ways to Alter Them, Kristine Bertini, 2009, Psychology, 170 pages. Illustrated with vignettes from the author's experience, this book offers a clear understanding of how suicidal thought develops, what

we can do to change that way of thinking.

Treating Trauma and Traumatic Grief in Children and Adolescents , Judith A. Cohen, Anthony P. Mannarino, Esther Deblinger, Jun 23, 2006, Psychology, 256 pages. This is the authoritative guide to conducting trauma-focused cognitive-behavioral therapy (TF-CBT), a systematic, evidence-based treatment for traumatized children and their.

My kids don't live with me anymore coping with the custody crisis, Doreen Virtue, 1988, Family & Relationships, 177 pages. Helps parents coping with the legal, emotional, and financial hardships of lost, surrendered, or shared custody of children come to terms with their fears and grief and make.

A Deeper Shade of Blue A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years, Ruta Nonacs, 2006, Family & Relationships, 367 pages. An accessible guide to the causes and treatments of postpartum depression, written specifically for pregnant women or women thinking of becoming pregnant, addresses such topics.

The Dissociative Identity Disorder Sourcebook , Deborah Haddock, Jul 31, 2001, Health & Fitness, 224 pages. Finally, a book that addresses your concerns about DID From Eve to Sybil to Truddi Chase, the media have long chronicled the lives of people with dissociative identity disorder.

Towards the Light Growing Through Grief: Easyread Super Large 18pt Edition, Michael Metzger, Nov 13, 2008, Fiction, 372 pages. .

Getting Back to Life When Grief Won't Heal , Phyllis Kosminsky, Dec 18, 2006, Family & Relationships, 227 pages. Presents a practical guide to dealing with grief; and offers personal case studies and advice that help individuals find peace, acceptance, and strength to move on..

Trusting Ourselves The Complete Guide to Emotional Well-being for Women, Karen Johnson, 1991, Psychology, 477 pages. In a radical reversal of the usual approach to psychological care, Johnson and Ferguson strongly believe that women and their values, perspectives, and biases have merit--and.

Facing Shame Families in Recovery, Merle A. Fossum, 1989, Family & Relationships, 192 pages. Drawing on their experience in the field of family therapy, the authors offer a step-by-step look at the stages of therapy, examine the role of shame in family problems, and.

What did I do wrong? What can I do now? , William D. Backus, Candace Backus, 1990, Religion, 172 pages. Explores the problem of guilt in parenting, examines what is actual parental responsibility for actions of older offspring, and talks about when to "let go".

Uganda: Not a Level Playing Field , Human Rights Watch (Organization), 2001, Elections, 12 pages
Abu Bakr The Caliph, Abdul Aziz, 1978, Caliphs, 266 pages Barry Grosskopf 1999

George Eliot A Life, Rosemary Ashton, Mar 21, 2013, Biography & Autobiography, 496 pages. This richly enjoyable biography of the great Victorian novelist reminds us how truly revolutionary was George Eliot... [Ashton] provides luminously sane readings of the *Dans les coulisses Cirque du Soleil*, Jean Beaunoyer, OverDrive, Inc, 2004 *The electronic structure of organic molecules*, Thomas Edward Peacock, 1972, Science, 145 pages *Forgive Your Parents, Heal Yourself: How Understanding Your Painful Family Legacy Can Transform Your Life* 1999 "A splendid compendium of articles on the too often ignored battleground of human organizations: its psychological character, Based primarily on the theories of the Tavistock.

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Theodore's Best Friend , Mary Man-Kong, Ken Edwards, Jan 9, 1999, Juvenile Fiction, 24 pages. Theodore Tugboat learns about friendship when he tries to decide who his best friend isMafia Brotherhoods: Organized Crime, Italian Style , Letizia Paoli, Oct 23, 2003, Social Science, 312 pages. Secrecy is one of the defining characteristics of the Italian Mafia. Wiretaps, financial records, and the rare informant occasionally reveal its inner workings, but these

Improving Your Project Management Skills , Larry Richman, 2006, Business & Economics, 206 pages. Based on the best-selling American Management Association seminar, a latest edition outlines sustainable project initiatives for improving processes, streamlining productivityThe secrets of school board success practical tips for board members, Lynn Hamilton, 2008, Education, 129 pages. The Secrets of School Board Success: Practical Tips for Board Members offers suggestions for effective service on a public school board. Readers will learn how Lynn Hamilton Oweniana: or, Select passages from the works of Owen, arranged by A. Young , John Owen, 1817

Becoming visible a reader in gay & lesbian history for high school & college students, Kevin Jennings, Apr 1, 1994, History, 297 pages. A Reader in Gay and Lesbian History for High School and College Students A sweeping introduction to gay history for casual readers as well as for classroom use
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The Sword of Truth , Gilbert Morris, 1994, Fiction, 409 pages. Raised a commoner, but reunited with his father, Sir Robert Wakefield, as an adult, Myles Morgan must adjust to life at the court of King Henry VIII

Hands-On Alphabet Activities for Young Children A Whole Language Plus Phonics Approach to Reading, Roberta Seckler Brown, Susan Carey, 1998, Education, 514 pages. Includes ready-to-use lessons and materials for each alphabet letter, with detailed teacher directions (including miscue analysis) and reproducible line masters

Ants of North America A Guide to the Genera, Brian L. Fisher, Stefan P. Cover, Nov 1, 2007, Nature, 217 pages. Ants are among the most conspicuous and the most ecologically important of insects. This concise, easy-to-use, authoritative identification guide introduces the fascinating and download

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Signalling Across Space Without Wires Recent advances in Behçet's disease , Royal Society of Medicine (Great Britain), 1986, Behçet's disease, 404 pages

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