



If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World

By Dan Neuharth

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Do you sometimes feel as if you are living your life to please others? Do you give other people the benefit of the doubt but second-guess yourself? Do you struggle with perfectionism, anxiety, lack of confidence, emotional emptiness, or eating disorders? In your intimate relationships, have you found it difficult to get close without losing your sense of self?

If so, you may be among the fifteen million adults in the United States who were raised with unhealthy parental control. In this groundbreaking bestseller by accomplished family therapist Dan Neuharth, Ph.D., you'll discover whether your parents controlled eating, appearance, speech, decisions, feelings, social life, and other aspects of your childhood—and whether that control may underlie problems you still struggle with in adulthood. Packed with inspiring case studies and dozens of practical suggestions, this book shows you how to leave home emotionally so you can improve assertiveness, boundaries, and confidence, quiet your "inner critics," and bring more balance to your moods and relationships. Offering compassion, not blame, Dr. Neuharth helps you make peace with your past and avoid overcontrolling your children and other loved ones.

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If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World By Dan Neuharth Bibliography

- Sales Rank: #71997 in Books
- Brand: Quill
- Published on: 1999-09-08
- Released on: 1999-09-08
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .61" w x 5.31" l, .45 pounds
- Binding: Paperback
- 272 pages



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Editorial Review

Amazon.com Review

Controlling parents can leave lasting scars on your psyche and negatively influence all aspects of your adult life, especially the ways you parent your own children. Understanding and rising above these problems is the subject of *If You Had Controlling Parents*, read by the author, clinical psychologist Dan Neuharth. Moving slowly and carefully through the material, Dr. Neuharth gives you time to process and reflect upon topics such as why parents overcontrol and how you can gain autonomy in your life. Specific exercises at the end of the tape will help you to change the patterns set by controlling parents and deal with situations like family holidays, maintaining relationships with your parents, and developing your own parenting style. (Running time: three hours, two cassettes) --*Sharon Griggins*

From Library Journal

Although the term "controlling parent" most often brings to mind a domineering parent, there are actually several ways in which a parent may use control. Labeling the types as smothering, cultlike, abusing, using, depriving, perfectionistic, chaotic, and childlike, Neuharth describes the characteristics of each, giving examples. The emphasis is on understanding parenting behaviors and their effects, as the author asserts that understanding is the key to future therapeutic success. The final section describes some steps, e.g., emotionally leaving home and writing down one's experiences, as coping techniques. These ideas are not innovative, but, as self-help materials are always in demand, this would be a beneficial purchase for most public libraries. ?Susan McCaffrey, Haslett H.S., MI
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Review

"Demystifies much within our pasts that can hurt our intimate relationships in ways we may not even realize." *If You Had Controlling Parents* "helps spark understanding and acceptance across generations." -- John Gray, Ph.D., author of *Men Are From Mars, Women Are From Venus* "A step-by-step plan in which [the reader] can deprogram himself from the ingrained and harmful habits taught by unhealthy guardians...and change habitual feelings of low self-esteem, distrust, or even a willingness to be victimized." -- *Los Angeles Times* "Excels in describing threads common to many extreme parenting styles...and to the way children subjected to them feel once they've grown up." -- *Dallas Morning News*

Users Review

From reader reviews:

Raymond Dahms:

This *If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World* book is simply not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is usually information inside this guide incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. That *If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World* without we recognize teach the one who studying it become critical in pondering and analyzing. Don't become worry *If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World* can bring when you are and not make your bag space or bookshelves' become full because you can have it in your lovely laptop even phone. This

If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World having very good arrangement in word and also layout, so you will not sense uninterested in reading.

Christopher Jaeger:

Reading a guide can be one of a lot of pastime that everyone in the world adores. Do you like reading book therefore. There are a lot of reasons why people enjoy it. First reading a publication will give you a lot of new facts. When you read a guide you will get new information because book is one of many ways to share the information or even their idea. Second, reading through a book will make a person more imaginative. When you reading a book especially fiction book the author will bring you to imagine the story how the character types do it anything. Third, you can share your knowledge to some others. When you read this If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World, you could tells your family, friends along with soon about yours publication. Your knowledge can inspire different ones, make them reading a book.

Jeff Weaver:

Reading a guide tends to be new life style on this era globalization. With examining you can get a lot of information that will give you benefit in your life. Along with book everyone in this world can easily share their idea. Books can also inspire a lot of people. A great deal of author can inspire all their reader with their story or maybe their experience. Not only the storyplot that share in the ebooks. But also they write about the ability about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors in this world always try to improve their talent in writing, they also doing some exploration before they write to their book. One of them is this If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World.

Naomi Harris:

As we know that book is vital thing to add our understanding for everything. By a guide we can know everything we would like. A book is a set of written, printed, illustrated or even blank sheet. Every year was exactly added. This e-book If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World was filled with regards to science. Spend your time to add your knowledge about your research competence. Some people has various feel when they reading a book. If you know how big good thing about a book, you can sense enjoy to read a publication. In the modern era like now, many ways to get book that you simply wanted.

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