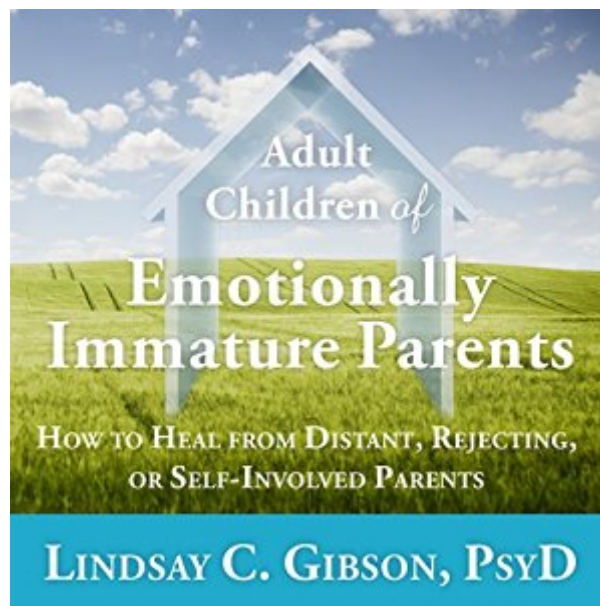


The book was found

# Adult Children Of Emotionally Immature Parents: How To Heal From Distant, Rejecting, Or Self-Involved Parents



## Synopsis

In this breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents create a sense of neglect and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents' emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you'll learn how to create positive new relationships so you can build a better life.

## Book Information

Audible Audio Edition

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Dysfunctional Families #13 in Books > Parenting & Relationships > Family Relationships >

Parent & Adult Child #31 in Books > Health, Fitness & Dieting > Psychology & Counseling >

Counseling

## Customer Reviews

Thank you Lindsay for being born!!! I've read countless self help books by various authors over the last three decades but, still, I never got to the heart of what was causing within me a pervasive sense of sadness, loneliness and not belonging. I've lived life mostly on the outside and in a detached way. Seldom did I feel that I fully connected with others. People would say I was a very likable person but I couldn't understand why. I never knew that I was attractive until a friend told me when I was in my teens. Even then I thought why is she saying that? I often took a backseat because I didn't have the confidence to stand up and be noticed. I could give countless examples going way back to my early childhood but suffice to say that Lindsay's book is the story of my life. I'm an internalizer. My sister is an externalizer. In many ways my parents weren't mature enough to deal with my sister's temper tantrums and her destructiveness. I was always on the

receiving end of my sister's evil doings but my parents blamed me for her s. They would give in to her all the time and at my expense. They had no control of her. My sister and mother were always together and my father adored my sister whilst, I was the pregnancy they didn't want. Yes, my mother told me that she tried to abort me during the first five months of her pregnancy, but in her words said, I couldn't get rid of you! So, she said, you were born and we were stuck with you like it or not. I was about seven years old at the time and didn't fully understand then what she was saying until I grew older. Mother's jealousy, envy and resentment towards me were not recognized at the time but, on reflection, I now realize how damaging it was.

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