

# Walking On Eggshells Navigating The Delicate Relationship Between Adult Children And Parents

*Unconditional Love* - Jane Isay 2018-03-06

A beautiful meditation on the joys of being a grandparent and a practical guide to help you and your adult children make the most of your relationship with a grandchild. For many grandparents, a grandchild offers a second chance to become the parent they didn't have the time or the energy to be when raising their own children. Being a grandparent, family relationships expert Jane Isay argues, is the opportunity to turn missed opportunities into delight. Drawing on her personal experience, dozens of interviews, and the latest findings in psychology, Isay shows how a grandparent can use his or her unique perspective and experience to create a deep and lasting bond that will echo throughout a grandchild's life. She explores the realities of today's multigenerational families, identifying problems and offering solutions to enhance love, trust, and understanding between grandparents, parents, and grandchildren. She also offers a wealth of practical advice, from when to get involved, when to stay away, and how to foster a strong relationship when you're separated by long distance. *Unconditional Love* advocates for honest conversation, thinking in the long run and healing breaches in order to be together, understanding that most of us try to do our best and need to be forgiven if we fail. Isay argues that secrets and surprises may tilt the boat but won't necessarily sink it and that grandparents and their grown children are happier when they give each other the benefit of the doubt. Most importantly, she writes, the advent of grandchildren offers families the opportunity for healing and redemption—if we seize the moment. In lovely prose and through delightful stories, Isay shows us how we can. A great gift for grandparents-to-be and a wonderful resource for all, *Unconditional Love* is a beautiful and psychologically astute look at what it means to be an engaged grandparent.

*Sometimes I Act Crazy* - Jerold J. Kreisman, M.D. 2006-04-14

A source of hope, expert advice, and guidance for people with borderline personality disorder and those who love them Do you experience frightening, often violent mood swings that make you fear for your sanity? Are you often depressed? Do you engage in self-destructive behaviors such as drug or alcohol abuse, anorexia, compulsive eating, self-cutting, and hair pulling? Do you feel empty inside, or as if you don't know who you are? Do you dread being alone and fear abandonment? Do you have trouble finishing projects, keeping a job, or forming lasting relationships? If you or someone you love answered yes to the majority of these questions, there's a good chance that you or that person suffers from borderline personality disorder, a commonly misunderstood and misdiagnosed psychological problem afflicting tens of millions of people. Princess Diana was one of the most well-known BPD sufferers. As a source of hope and practical advice for BPD sufferers and those who love them, this new book by Dr. Jerold J. Kreisman and Hal Straus, bestselling authors of *I Hate You, Don't Leave Me*, offers proven techniques that help you: \* Manage mood swings \* Develop lasting relationships \* Improve your self-esteem \* Keep negative thoughts at bay \* Control destructive impulses \* Understand your treatment options \* Find professional help

**Setting Boundaries with Your Adult Children** - Allison Bottke 2019-12-03

Finally...Hope for Parents in Pain What parent doesn't want their children to grow up to be happy, responsible adults? Yet despite parents' best efforts, most heartfelt prayers, and most loving environments, some kids never successfully make the transition to independently functioning adulthood. Following her own journey, Allison Bottke developed a tough-love approach to parenting adult children that helps both you and your child by focusing on setting you free from the repeated pain of your adult child's broken promises, lies, and deception. *Setting Boundaries® with Your Adult Children* offers practical hope and healing through S.A.N.I.T.Y.—a six-step program to help parents regain control in their homes and their lives. S = STOP Enabling, STOP Blaming Yourself, and STOP the Flow of Money A = Assemble a Support Group N = Nip Excuses in the Bud I = Implement Rules/Boundaries T = Trust Your Instincts Y = Yield Everything to God As you love your child with arms and heart wide open, know that no matter what happens you are never alone. God is in control and will be with you.

**Doing Life with Your Adult Children** - Jim Burns, Ph.D 2019-03-26

Are you struggling to connect with your child now that they've left the nest? Are you feeling the tension and heartache as your relationship dynamic begins to change? In *Doing Life with Your Adult Children*, bestselling author and parenting expert Jim Burns provides practical advice and hopeful encouragement for navigating this tough yet rewarding transition. If you've raised a child, you know that parenting doesn't stop when they turn eighteen. In many ways, your relationship gets even more complicated—your heart and your head are as involved as ever, but you can feel things shifting, whether your child lives under your roof or rarely stays in contact. *Doing Life with Your Adult Children* helps you navigate this rich and challenging season of parenting. Speaking from his own personal and professional experience, Burns offers practical answers to the most common questions he's received over the years, including: My child's choices are breaking my heart—where did I go wrong? Is it OK to give advice to my grown child? What's the difference between enabling and helping? What boundaries should I have if my child moves back home? What do I do when my child doesn't seem to be maturing into adulthood? How do I relate to my grown child's significant other? What does it mean to have healthy financial boundaries? How can I support my grown children when I don't support their values? Including positive principles on bringing kids back to faith, ideas on how to leave a legacy as a grandparent, and encouragement for every changing season, *Doing Life with Your Adult Children* is a unique book on your changing role in a calling that never ends.

**How to Really Love Your Adult Child** - Gary Chapman 2011-03-01

More than 10 years after *Parenting Your Adult Child* was published, much has changed - including young adults themselves, as well as their parents. Economic upheavals, challenges to traditional values and beliefs, the phenomenon of over-involved "helicopter parenting" - all make relating to grown children more difficult than ever. Yet at the same time, being a parent of an adult child can bring great rewards. This revised and updated version of Dr. Gary Chapman's and Dr. Ross Campbell's message will help today's parents explore how to really love their adult child in today's changing world. The book includes brief sidebars from parents of adult children and adult children themselves with their own stories. An online study guide will also be available.

**Sidelined by Your Adult Children?** - Rosanne Rosen 2015-11-16

An enormous amount of your life has been spent dedicated to raising your children, worrying about their happiness, and being overly concerned with pleasing them. And what happened? Not what you expected! As adult children they often exhibit diminished family loyalty and uncaring behavior, expect you to earn their love and respect, and have little problem saying good-bye when they no longer need you. *Sidelined by Your Adult Children? How to Take Charge and Be Happy* is a remarkable book designed to help you regain control and liberate you from feeling angry, diminished, disrespected, or disappointed by your adult children. Divided into "The Reality of Sidelining," "Confronting Sidelining with an Open Mind," and "Taking Charge," authors Rosanne Rosen and Dr. Patricia James provide the equivalent of at least one hundred hours of real therapy in a nonthreatening and personal manner to help release you from feeling miserable and dejected as you develop a stronger and healthier relationship with your children.

**Walking on Eggshells** - Jane Isay 2008-04-08

The perfect gift for both parents and their adult children—"a wonderfully wise and constructive intergenerational guide" that will keep you connected to the people you love most. "Read it and learn."—New York Times bestselling author Judith Viorst We raise our children to be independent and lead fulfilling lives, but when they finally do, staying close becomes more complicated than ever. And for every bewildered mother who wonders why her children don't call, there is a frustrated son or daughter who just wants to be treated like a grownup. Now, renowned author and editor Jane Isay delivers real-life wisdom and advice on how to stay together without falling apart. Using extensive interviews with people from ages

twenty-five to seventy, Isay shows that we're far from alone in our struggles to make this new, adult relationship work. She offers up groundbreaking insights and deeply moving stories that will inspire those in even the toughest situations. Isay's warmth and wit shine through on every page as she charts an invaluable course through the confusing, and often painful, interactions parents and children can face. Walking on Eggshells is the much-needed road map that will keep you connected to the people you love most.

**When Our Grown Kids Disappoint Us** - Jane Adams 2008-06-20

How do today's parents cope when the dreams we had for our children clash with reality? What can we do for our twenty- and even thirty-somethings who can't seem to grow up? How can we help our depressed, dependent, or addicted adult children, the ones who can't get their lives started, who are just marking time or even doing it? What's the right strategy when our smart, capable "adultolescents" won't leave home or come boomeranging back? Who can we turn to when the kids aren't all right and we, their parents, are frightened, frustrated, resentful, embarrassed, and especially, disappointed? In this groundbreaking book, a social psychologist who's been chronicling the lives of American families for over two decades confronts our deepest concerns, including our silence and self-imposed sense of isolation, when our grown kids have failed to thrive. She listens to a generation that "did everything right" and expected its children to grow into happy, healthy, successful adults. But they haven't, at least, not yet -- and meanwhile, we're letting their problems threaten our health, marriages, security, freedom, careers or retirement, and other family relationships. With warmth, empathy, and perspective, Dr. Adams offers a positive, life-affirming message to parents who are still trying to "fix" their adult children -- Stop! She shows us how to separate from their problems without separating from them, and how to be a positive force in their lives while getting on with our own. As we navigate this critical passage in our second adulthood and their first, the bestselling author of *I'm Still Your Mother* reminds us that the pleasures and possibilities of postparenthood should not depend on how our kids turn out, but on how we do!

**Volunteering** - Jean Rawitt 2020-06-30

Volunteering: Insights and Tips for Teenagers provides a complete guide to the world of volunteerism. It shows you how to become engaged in what will be among the most gratifying and worthwhile experiences of your life. In this book you'll learn why volunteerism is so important both to volunteers themselves and to those they serve and explore different types of volunteer opportunities and how to find and secure a rewarding volunteer placement. With advice from professionals and first-hand accounts from teen volunteers, including a fifteen-year-old girl who started a foundation that now helps hundreds of new parents, this book will help you make the most of your volunteer experience. You will learn how to research volunteer opportunities what to expect from the application, interview, and orientation process how to be a successful volunteer how to handle unfamiliar or uncomfortable situations and how to ask for help, and how you can use what you learn as a volunteer to create new academic or career opportunities. With helpful tips for success and a resource list of volunteer opportunities, this book provides everything you need to understand the vital and vibrant world of volunteerism.

**Now That They Are Grown** - Ronald J. Greer 2012-03-01

We don't stop being parents when our kids are grown...but some things do change. Life is filled with change. As our sons and daughters move into young adulthood, our role of what it means to be loving parents changes dramatically. This book aims to help readers miss as many potholes as possible in making the transition from parenting children to being parents of young adults. Here are ways to nurture our adult children while encouraging their independence and maturity. Learn to have balance. Here is how to respond to them in times of struggle. Readers will see how to be supportive, yet not intrusive, caring without enabling dependency. The questions are important. The answers are not obvious. It is a new day in our relationships with our children. The page has been turned, and we are now writing the new chapter in the life of our family. It is important that we get it right.

**Done With The Crying** - Sheri McGregor 2016-04-30

In this encouraging book, Sheri McGregor helps parents of estranged adult children break free from emotional pain and move forward in their lives. With the latest research, her own experience, and insight from more than 9,000 parents, McGregor covers the growing trend of estranged adults from loving

families. Devastated parents can be happy again.

**Mother-Daughter Duet** - Cheri Fuller 2010-02-16

A harmonious relationship is possible When your daughter was born, you had a thousand hopes and dreams for her. . .including that one day you'd be best friends. But as life unfolds, even the best intentions go awry. There are so many challenges on the journey to adult friendship that the reality is fraught with friction and frustration. Thankfully, a harmonious relationship with your daughter is possible. Written by a mother and daughter who have successfully navigated the minefield from distance and tension to acceptance and friendship, *Mother-Daughter Duet* helps moms open wide the door of communication so that daughters want to walk through it. Filled with personal anecdotes and based on proven principles, each chapter offers timeless wisdom as well as a daughter's perspective. Often these principles apply to daughters-in-law as well. The relationship between mothers and daughters is intense, personal, complex, and unique. But you can have the loving, authentic bond you always dreamed of—when you learn the mother-daughter duet.

**Don't Bite Your Tongue** - Ruth Nemzoff 2008-08-05

Parents make enormous sacrifices helping children become healthy and autonomous adults. And when children are older, popular wisdom advises parents to let go, disconnect, and bite their tongues. But increasing life spans mean that parents and children can spend as many as five or six decades as adults together: actively parenting adult children is a reality for many families. Dr. Ruth Nemzoff--a leading expert in family dynamics--empowers parents to create close relationships with their adult children, while respecting their independence. Based on personal stories as well as advice that she has accrued from years of coaching, this lively and readable book shows parents how to: -communicate at long distances -discuss financial issues without using money as a form of control -speak up when disapproving of an adult child's partner or childrearing practices -handle adult children's career choices or other midlife changes -navigate an adult child's interreligious, interracial or same sex relationships No other book treats the challenges of parent and adult offspring relationships as part and parcel of a healthy family dynamic. This practical lessons of *Don't Bite Your Tongue* will help parents play a vital and positive role in their children's lives.

**Parenting Your Adult Child** - Gary Chapman 1999-01-11

Parenting doesn't end at 18 .Has your nest not emptied? Has your adult child made lifestyle choices you don't agree with? Has becoming an in-law made you consider becoming an outlaw? Many parents today answer an exasperating "yes" to these and many other questions that describe the frustration encountered between them and their adult children. Parenting no longer ends at 18, yet very few resources are available to help parents better communicate with their child who is no longer a child. Ross Campbell and Gary Chapman, authors of *The Five Love Languages of Children*, have teamed up again to bring us another tool for parenting. They will help you deal with such issues as helping your child find success, dealing with anger, when adult children return with their children, religious choices, and positive parental love. You can survive this stage in your life. And with the excellent advice from Drs. Campbell and Chapman, you can even enjoy it!

**I'm Still Your Mother** - Jane Adams 2001-06-21

Is there life with your kids once you've raised them? In this groundbreaking book, a best-selling author and psychologist (and the mother of grown children, too) shows you how to keep your family together for a lifetime. Dr. Spock didn't tell you about Postparenthood, but Jane Adams does—in this wise, warm, witty, commonsense guide to creating a close, loving relationship with your grown children. You raised your kids to be independent, strong, and think for themselves. So once they're grown, why is it so hard to let them do it? Jane Adams interviewed over a hundred mothers and fathers of young adults to learn how they've created closer, more authentic relationships with their kids than they had with their own parents. She offers practical wisdom about how to keep families together even when distance tugs at the ties that bind. Sensible tips on holding them close to your hearts while getting them out of your house. Good advice about helping them start their careers. And first-hand strategies on getting along with their mates, giving or lending them money, offering or asking advice, being a great grandparent, coming to terms with their lifestyles, and preparing both generations for the future.

**Mom Still Likes You Best** - Jane Isay 2010-05-04

The author of *Walking on Eggshells* turns her wisdom to the sometimes heartbreaking but always

meaningful bond between brothers and sisters—a must-read for anyone blessed with the gift (or burden) of a sibling. There's a myth out there that good relations between brothers and sisters do not include conflict, annoyance, disagreement, or mixed feelings. Isay believes this is a destructive myth, one that makes people doubt the strength of the connection with their siblings. Brothers and sisters may love and hate, fight and forgive, but they never forget their early bonds. Based on scores of interviews with brothers and sisters young and old, *Mom Still Likes You Best* features real-life stories that show how differences caused by family feuds, marriages, distance, or ancient history can be overcome. The result is a vivid portrait of siblings, in love and war.

*How to Raise Your Adult Children* - Gail Parent 2010-08-05

In this irreverent guide, a bestselling comedy writer and noted psychotherapist teach parents how to handle their grown kids. There are many books out there to teach you how to handle your children after they graduate from diapers, but none tells you how to proceed once they graduate from high school. As new patterns emerge in the lives of young adults, parents find that their grown children have bigger problems than they did just a few years ago. *How to Raise Your Adult Children* is a manual for anxious moms and dads. Whether confronting the question of setting a curfew for a college kid at home, or paying for a forty-year-old daughter's wedding, two "been there, done that" moms give advice with an edge on a variety of emotionally and financially perilous situations, including:

- Your kid needs money-your money
- Your kid moves back home and stays home
- You know your child should not marry their significant other
- Your big children keep dumping their little children on you

Combining the wit of Emmy Award-winning writer Gail Parent and the insight of psychotherapist Susan Ende, this book answers questions most parents never imagined they would have to ask.

*Reconnecting with Your Estranged Adult Child* - Tina Gilbertson 2020-04-28

Parents whose adult children have cut off contact wonder: How did this happen? Where did I go wrong? What happened to my loving child? Over time, holidays, birthdays, and even the birth of grandchildren may pass in silence. Anguish may turn into anger. While time, in and of itself, does not necessarily heal, actions do, and while every estrangement includes situation-specific variables, there are practical, effective, and universal techniques for understanding and healing these not-uncommon breaches. Psychotherapist Tina Gilbertson has developed these techniques and tools over years of face-to-face and online work with parents, who have found her strategies transformative and even life-changing. Gilbertson cuts through the blame, shame, and guilt on both sides of the broken relationship. Parents will feel heard and understood but also challenged — and guided — to reclaim their role as "tone setter" and grow psychologically.

Exercises, examples, and sample scripts empower parents who have felt powerless. Gilbertson shows that reconciliation is a step-by-step process, but the effort is well worth it. It is never too late to renew relations and experience better-than-ever bonds.

**Secrets and Lies** - Jane Isay 2014-01-07

By the author of *Walking on Eggshells*, a compellingly readable journey into the realm of family secrets, offering lessons and insights for those who are hiding the truth and those who discover what has long been hidden. Secrets, large and small, are a fact of human life. This book explores the impact of keeping secrets and the power of truth. Secrets can damage our sense of self and our relationships. Even so, Jane Isay has found, people survive learning the most disturbing facts that have been hidden from them. And secret keepers are relieved when they finally reveal themselves—even the things they are ashamed of—to the people they care about. Much depends, Isay writes, on the way of telling and the way of hearing. Jane Isay was both a secret finder and a secret keeper. After fifteen years of marriage her husband admitted he was gay, but together they decided to keep it a secret for the sake of their two sons. Building on her personal experience, sixty intimate interviews, and extensive research into the psychology of secrets, Isay shows how the pain of secrets can be lightened by full disclosure, genuine apology, and time. Sometimes the truth sunders relationships, but often it saves them. Powered by detailed stories and Isay's compassionate analysis, *Secrets and Lies* reveals how universal secrets are in families. The big ones—affairs, homosexuality, parentage, suicide, abuse, hidden siblings—can be ruinous at first, but the effects need not last forever, and Isay shows us what makes the difference. With specific guidelines for those who keep secrets and those who find them out, Isay's book reveals the art of surviving a secret.

**Side by Side** - Charles Sophy 2010-02-02

"Readers [of *Side by Side*] will come away with a rich perspective and a renewed ability to connect head and heart so that every mother/daughter will have a richer, more satisfying relationship." —Dr. Drew Pinsky, host of *Celebrity Rehab* with Dr. Drew Renowned family and child psychiatrist Dr. Charles Sophy's *Side by Side* offers a proven strategy to restore loving and effective communication between mothers and daughters. Dr. Sophy, Medical Director for the Los Angeles County Department of Children and Family Services and regular guest on the *Today Show* and *Larry King Live*, has found that the most promising—and problematic—family dynamic is the one between mother and daughter. Dr. Sophy developed the program presented in *Side by Side* in response to this realization. In the vein of Deborah Tannen's *You're Wearing That?* and Christiane Northrup's *Mother Daughter Wisdom*, *Side by Side* offers valuable advice for mothers and daughters everywhere.



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