



## Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents

By Lindsay C. Gibson

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents, Lindsay C. Gibson, Are you one of the countless people who grew up with emotionally immature parents? If you suffer from this troubling parent/child dynamic, you may still recall painful moments from your childhood when your emotional needs were not met, when your feelings were dismissed, or when you took on adult levels of maturity in an effort to "compensate" for your parents' behavior. And while you likely cultivated strengths such as self-reliance and independence along the way- strengths that have served you well as an adult-having to be the emotionally mature person in your relationship with your parent is confusing and even damaging. If you are ready to gain the insight you need to move on from feelings of loneliness and abandonment and find healthy ways to meet your own emotional needs, this book will help light the way. You'll discover the four main types of emotionally immature parents: \*Emotional parents, who may vacillate between over-involvement and abandonment, leading to frightening instability and unpredictability \*Driven parents, who are often compulsively busy and can't stop trying...



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