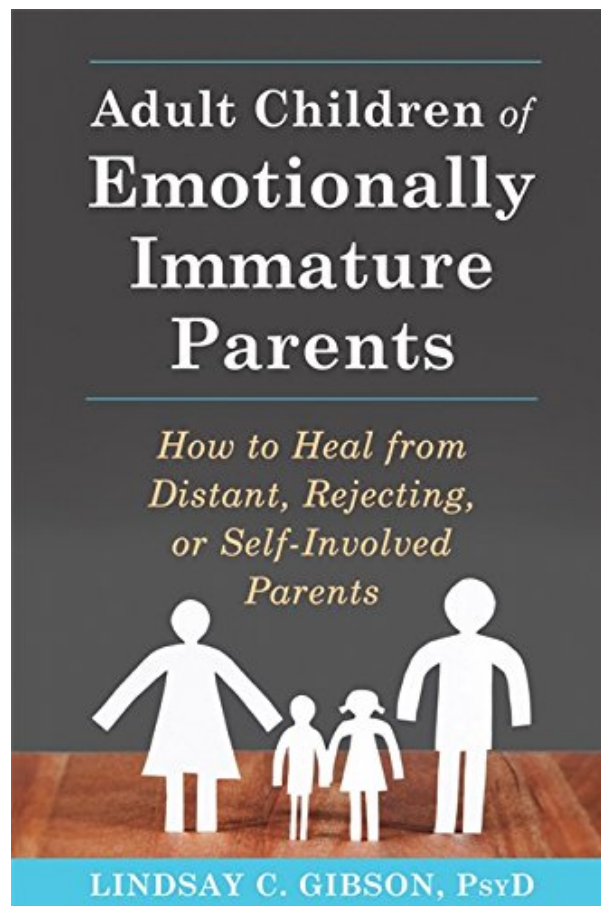


**ADULT CHILDREN OF EMOTIONALLY
IMMATURE PARENTS: HOW TO HEAL
FROM DISTANT, REJECTING, OR SELF-
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If you grew up with an emotionally immature, unavailable, or selfish parent, you may have lingering feelings of anger, loneliness, betrayal, or abandonment. You may recall your childhood as a time when your emotional needs were not met, when your feelings were dismissed, or when you took on adult levels of responsibility in an effort to compensate for your parent's behavior. These wounds can be healed, and you can move forward in your life.

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.

Discover the four types of difficult parents:

- The emotional parent instills feelings of instability and anxiety
- The driven parent stays busy trying to perfect everything and everyone
- The passive parent avoids dealing with anything upsetting
- The rejecting parent is withdrawn, dismissive, and derogatory

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174 of 178 people found the following review helpful.

Excellent book

By ChelseaYogi

Recently, I read 3-4 books on children of narcissistic or self-absorbed parents. Each one was valuable in its own way, helping me untangle my thoughts and feelings.

What I like about this book, in particular, is that it reveals the systematic nature of emotionally immature thinking, which underlies the behavior of parents, lovers, friends, and public figures. By revealing the pattern and then explaining the cause (self-protection), it allows the reader to depersonalize the behavior and the damage it has done.

For the first time, I can feel "It wasn't me. It was never me. And, it's still not me." And, for the first time, I truly understand that it's a fool's errand to try to make someone more emotionally mature. It's their path. I need to accept them as they are and decide how I want them in my life, if at all.

Lastly, this book is very good for people whose parents weren't excessively narcissistic, who weren't controlling or grandiose in an exaggerated fashion. One's parents can be stable and kind but still deny a deep connection with their children because they can't tolerate negative feelings. This book reveals these more subtle dynamics while explaining that the fallout is anything but subtle to a child's emotional development.

64 of 65 people found the following review helpful.

Dr. Gibson has done it again!

By The Gordleys

From the title to the Epilogue, Dr. Gibson puts her readers at ease enough to help them help themselves. Those who wouldn't call themselves "abused" can feel comfortable examining how to feel better in their

adult lives when they feel something isn't or wasn't quite right about how they feel about their parents. Dr. Gibson's focus on looking back is never for the sake of blame, but for looking at how one's past informs his or her present and future. I particularly liked her "Maturity Awareness Approach", and her final chapter on how to find Emotionally Mature people to befriend. As usual, you have taken others' research, your own intuition and experience, and your clients' experiences to synthesize a ton of helpful information into a readable, practical guide. Thank you.

67 of 71 people found the following review helpful.

This book helped me, as a therapist, help ...

By Thomas Baker

This book helped me, as a therapist, help patients to identify themselves as the children of emotionally immature parents and then apply "tough love" to those parents. Patients learned to build and maintain boundaries with immature parents and to no longer expect reciprocity from people who cannot give it. I also was able to describe in detail the emotionally mature person with whom a satisfying relationship is possible. This book will help the children of immature parents deliver themselves from guilt and shame and prevent them from repeating family of origin dynamics in new relationships. Armed with this book, victims become proactive and those who feel ashamed can release themselves from the condemnation of immature parents. It is a must read for those whose parents failed them.

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