



You Can't Grow Up Till You Go Back Home: A Safe Journey to See Your Parents As Human

William F. Nerin

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"As a family therapist and teacher of graduate students for over 30 years, I have encountered many adults who desire to make changes in their lives. They wish to live with less stress, to use better ways to deal with fear, anger and threats to their self-esteem. Most of all, they want to just feel better about themselves. Yet, many are stuck in achieving their desire to change. So what is the solution? We must see our parents emotionally as human beings just as we are. Now, intellectually we know they are human, but on the emotional and unconscious level, do we? How can we in the depth of our emotions view them simply as human just like us? This book gives you some ways to do this. When this is achieved, the grown son or daughter begins to understand how their parents were raised, what issues they encountered while growing up and how this formed their personalities. They begin to understand that their parents were doing the best they could given their early upbringing. The son or daughter can then accept their parents as they are and begin to realize that they are empowered to change their own lives." Bill Nerin, author

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Billy Anderson:

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