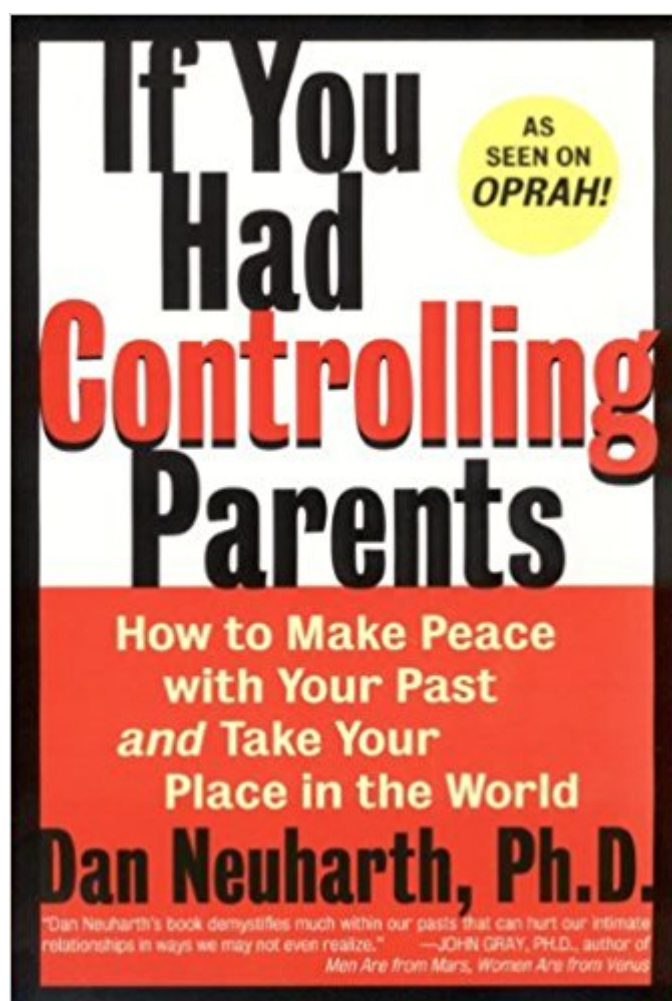


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# If You Had Controlling Parents: How To Make Peace With Your Past And Take Your Place In The World



## Synopsis

Do you sometimes feel as if you are living your life to please others? Do you give other people the benefit of the doubt but second-guess yourself? Do you struggle with perfectionism, anxiety, lack of confidence, emotional emptiness, or eating disorders? In your intimate relationships, have you found it difficult to get close without losing your sense of self? If so, you may be among the fifteen million adults in the United States who were raised with unhealthy parental control. In this groundbreaking bestseller by accomplished family therapist Dan Neuharth, Ph.D., you'll discover whether your parents controlled eating, appearance, speech, decisions, feelings, social life, and other aspects of your childhood—and whether that control may underlie problems you still struggle with in adulthood. Packed with inspiring case studies and dozens of practical suggestions, this book shows you how to leave home emotionally so you can improve assertiveness, boundaries, and confidence, quiet your "inner critics," and bring more balance to your moods and relationships. Offering compassion, not blame, Dr. Neuharth helps you make peace with your past and avoid overcontrolling your children and other loved ones.

## Book Information

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## Customer Reviews

As Edmund Burke said, "The greater the power, the more dangerous the abuse." This is sometimes excruciatingly true with parents. There are the typically anxious ones who get a little uptight about letting their teenagers borrow the car, and then there are the rigid kinds who won't even let their kids leave the house when they want to--or even eat or go to the bathroom when they need to. Written for the 14 million adult children who've survived an upbringing with the latter type of parents, If You

Had Controlling Parents takes the classic Toxic Parents to a new level. Author Dan Neuharth, Ph.D., a family therapist, knows his subject thoroughly; he survived a childhood with a father who has the candor to refer to himself as "an S.O.B." Neuharth says, "If your parents controlled you in unhealthy ways, they may have planted land mines in your psyche." Research shows that behaviors and traits exhibited by adult children of controlling parents include the following: depression, low self-esteem, distorted self-image, eating disorders and other addictions, stress-related health problems, inability to sustain an intimate relationship, and more. While this may seem like a heavy lot to handle, Neuharth maintains there's always hope of overcoming the past and changing yourself--even if it means making the drastic move of cutting off contact with one or both of your parents. He gives a lengthy self-test to determine if your parents were controlling; gives profiles of eight typical styles of controlling parents to help you better recognize how you may be presently affected by your upbringing; and then delves into the process of understanding why your parents acted the way they did in order to start healing emotionally. This is especially important, he says, if you now have children of your own and want to stop the damaging cycle of parental control. He doesn't give a cookie-cutter, one-size-fits-all recovery plan, but rather suggests several "paths to healing" and exercises to help you, as he terms it, "emotionally leave home." The book's subtitle--"A Guide for Letting Go of Anxiety, Self-Blame and Perfectionism and Improving Assertiveness, Boundaries and Confidence"--says it all. This is self-help at its best. --This text refers to an alternate Paperback edition.

Although the term "controlling parent" most often brings to mind a domineering parent, there are actually several ways in which a parent may use control. Labeling the types as smothering, cultlike, abusing, using, depriving, perfectionistic, chaotic, and childlike, Neuharth describes the characteristics of each, giving examples. The emphasis is on understanding parenting behaviors and their effects, as the author asserts that understanding is the key to future therapeutic success. The final section describes some steps, e.g., emotionally leaving home and writing down one's experiences, as coping techniques. These ideas are not innovative, but, as self-help materials are always in demand, this would be a beneficial purchase for most public libraries. ?Susan McCaffrey, Haslett H.S., MI Copyright 1999 Reed Business Information, Inc. --This text refers to an alternate Paperback edition.

This book was really helpful to me. It opened my eyes to my whole childhood, and has helped to start to become emotionally free. I know that I have a long way to go, but it's wonderful to all ready

begin to understand how my childhood affected my confidence, boundaries with other people, and my emotions in general. I highly recommend this book for someone who may have grown up with controlling parents. It may not seem that they were very controlling but once you read this book you realize that their control was greater than you thought. It provides so many tools to help you on your journey to becoming free.

This book is life changing. It was recommended to me by a new friend who saw how I struggled with my family.. It took this book to see how controlling my parents really were and how it affects my life today as an adult. It also goes over how to work with you parents (you can't change them) and it's really made a positive difference in my otherwise stressful and anxious life!

I enjoyed reading the scenarios in the book. You feel like you are not the only one who had controlling parents. Most parents did their best, but still they could be a bit overpowering.

Excellent book. Just wish that more had been written about the experience of living with controlling parents before getting into the healing process. It was soothing to know that others experienced what I did and the horror was not in my head.

This book was so hard to put down in the beginning. During the middle it brought up alot of truth about my childhood and I stopped reading it for a few days while I analyzed situations that relate to childhood and my life now. At first I thought, wow this book is going to take such a long time to read because it's so in depth. The next thing you know there were no more pages to click (kindle version). There was plenty of info on how I was raised affected my life but no steps on how to fix it only a brief reference to an employee assistance program and alcoholics anonymous. At the end it basically says you need therapy. Of course there is only so much a book can do for your life but I expected some information on how to recover from my upbringing to match the in depth information about childhood.

I wish I had this information a long time ago. I was raised by middle eastern parents, so as a result I missed out on a lot of my life. I read this book several times over and it has helped me understand myself and heal from my past. It has also given me the understanding that people do what they think is right and when they know better, hopefully they will do better. I was nodding my head the whole time I was reading, as if it was written just for me. Still the answer is not easy, it is a process

indeed.

This book was an eye opener for me. Im currently reading other books on what effects one's upbringing can have on your life. There is a lot of information in this book that was new to me, and i'm glad I read it!! I feel like I got one piece of the puzzle of why my life turned out the way it did. I highly recommend reading it!

Fantastic book. Was so on the money. Gave me lots of insight. Felt like it condensed 10 years of therapy. lol. worth it.

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