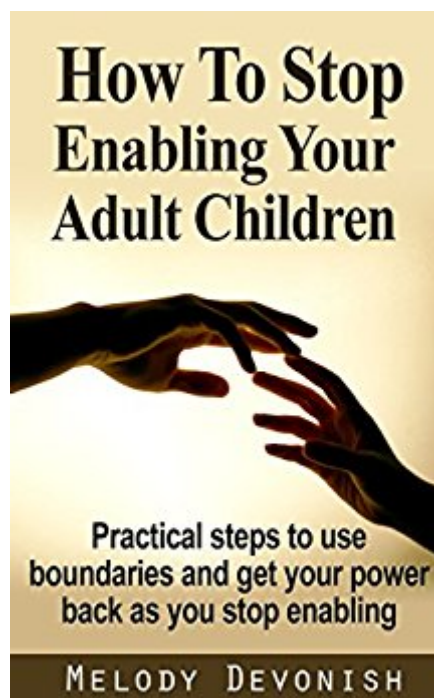




The book was found

How To Stop Enabling Your Adult Children: Practical Steps To Use Boundaries And Get Your Power Back As You Stop Enabling (Empowering Change Book 1)



Synopsis

DISCOVER HOW TO EMPOWER YOURSELF TO STOP ENABLING YOUR ADULT CHILDREN AND TAKE CONTROL OF YOUR RELATIONSHIPS AS YOU LEARN PRACTICAL STEPS TO STOP RESCUING Read on your PC, Mac, smart phone or Kindle device. This book will start you on your journey to stop enabling. If you just can't maintain boundaries with your adult child/children, and you find yourself constantly taken advantage of, then this book is for you. Discover the wealth of shared experience that can exist in a parent/adult child relationship that is not dominated by unrealistic expectations, manipulations and resentment. The goal is to empower you, as you understand the enabling cycle and then learn some very practical tools to help you stop. The enabling cycle can be challenged, and change will happen. Getting your power back in your life, and feeling the freedom of being in control of your decisions is an amazingly freeing process. It does however take work, and that is where this very practical book can get you started. You may find that your needs are constantly disregarded, while your adult child expects you to continually be there to pick up the pieces and rescue them again and again. It is time to learn HOW TO put firm boundaries in place in a calm and dignified manner. This book will help you see what lies are keeping you in your current stressful and unfulfilled situation. You will learn how to start the journey towards sharing a mutually fulfilling mature relationship with your adult child. Here Is A Preview Of What You'll Learn Understanding the Enabler or Rescuer How the Enabling Cycle Continues and Grows Boundaries Are Your Friend! Dignified Assertiveness The Importance of Individuation It's Not Cruel To Say No! Changing Your Thinking (Cognitive Behavioral Therapy) Practical Steps For Putting Your New Thinking and Boundaries Into Action Take action right away to start your empowering journey today by downloading this book, "How To Stop Enabling Your Adult Children", for a limited time discount of only \$0.99! Tags: enabling adult children, rescuing, relationships, parenting, boundaries, enabling, individuation, cognitive behavioural therapy, CBT, self-talk, healthy boundaries

Book Information

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Customer Reviews

We all love our kids- obviously not all of us are extreme enablers but in today's generation where most of the kids feel entitled I am always looking for books on skills to ensure that my child does not become one of those it's all be about kids. Good book with some great ideas

started a support group and have given out about 20 of the books ... we have an epidemic of young people, especially young men, who are refusing to grow up and feel they are entitled to live off of mom or dad.

I liked the the book was short enough to read in one sitting. What I found most helpful is that it helped me recognize the underlying beliefs that fuel my enabling.

This book really explained how enabling is different than helping. There were several examples of each and the author coaches you through the process of discontinuing the enabling. I highly recommend this book.

So helpful in helping me see our situation more clearly! If you're wondering whether to buy it or not, please do.

Don't waste your money on this book. She's not a professional. There's no substantive information here. I had initially thought it was very short for the money spent, but in the end I was glad it was short!

I liked this book as it was exactly what I needed to help me as I was struggling with making some major decisions. This book, at least for me, I was glad I ordered it after it was recommended by a friend. It helped me so I would recommend it.

To the point. I married a good man who has 2 adult children and 2 other adults (ranging from 25 to 65 years old) living off of him. This has been had a horrible effect on our new marriage. We are taking a stand...no more supporting these people. Our marriage may not survive but these people will never be dependent on him again.

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