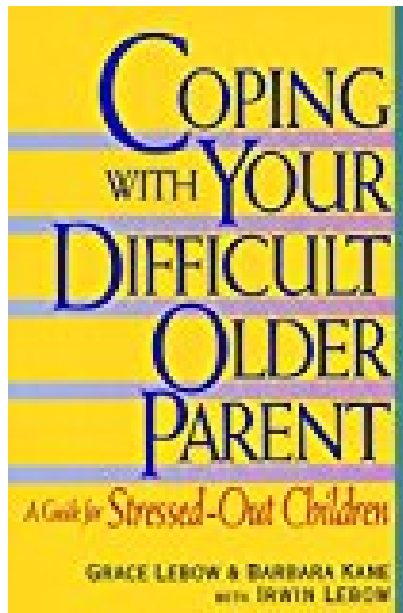


Coping With Your Difficult Older Parent A Guide for Stressed-Out Children



BOOK DETAILS

- Author : Grace Lebow
- Pages : 224 Pages
- Publisher : William Morrow Paperbacks
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BOOK SYNOPSIS

Do You Have An Aging Parent Who -- Blames you for everything that goes wrong? Cannot tolerate being alone, wants you all the time? Is obsessed with health problems, real, or imagined? Make unreasonable and/or irrational demands of you? Is hostile, negative and critical? Coping with these traits in parents is an endless high-stress battle for their children. Though theres no medical defination for "difficult" parents, you know when you have one. While its rare for adults to change their ways late in life, you can stop the vicious merry-go-round of anger, blame, guilt and frustration. For the first time, heres a common-sense guide from professionals, with more than two decades in the field, on how to smooth communications with a challenging parent. Filled with practical tips for handling contentious behaviors and sample dialogues for some of the most troubling situations, this book addresses many hard issues, including: How to tell your parent he or she cannot live with you. How to avoid the cycle of nagging and recriminations How to prevent your parents negativity from overwhelming you. How to deal with an impaired parent who refuses to stop driving. How to asses the risk factors in deciding whether a parent is still able to live alone.

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