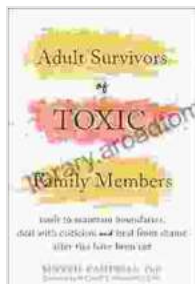


Adult Survivors Of Toxic Family Members: Break Free From the Past and Heal



Adult Survivors of Toxic Family Members: Tools to Maintain Boundaries, Deal with Criticism, and Heal from Shame After Ties Have Been Cut

★★★★☆ 4.8 out of 5

Language	: English
File size	: 2657 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 272 pages



If you grew up in a toxic family, you may be struggling with the lasting effects of your childhood experiences. You may feel like you're always on edge, you may have difficulty trusting others, and you may have a hard time maintaining healthy relationships.

You're not alone. Millions of adults are survivors of toxic family environments. And while the past can't be changed, there is hope for healing and recovery.

In her book, *Adult Survivors Of Toxic Family Members*, Dr. Susan Forward provides a comprehensive guide to help you understand the impact of your childhood experiences and develop the tools you need to heal.

Dr. Forward draws on her decades of experience working with survivors of toxic families to provide practical advice and support. She covers topics such as:

- The different types of toxic family members
- The effects of toxic family environments on children
- The challenges that adult survivors face
- The steps to healing and recovery

If you're an adult survivor of a toxic family, this book is an essential resource. It will help you understand your past, heal your wounds, and build a better future for yourself.

What Readers Are Saying

"This book is a lifeline for anyone who has survived a toxic family. Dr. Forward provides a compassionate and understanding guide to healing and recovery." - **Our Book Library reviewer**

"I wish I had read this book years ago. It would have saved me a lot of pain and heartache." - **Goodreads reviewer**

"Dr. Forward's book is a must-read for anyone who wants to break free from the past and heal from the wounds of a toxic family." - **BookBub reviewer**

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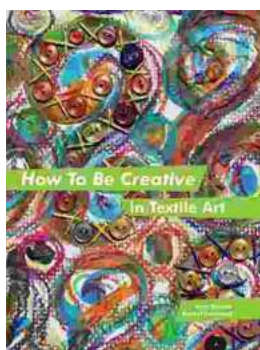
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