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things you can do to free yourself

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from their distorted legacy of guilt
and self-doubt. I ' ll be discussing
these various strategies throughout
this book. And I want you to proceed
with a great deal of hope.

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punches when it comes to those
whose deficiencies cripple their
children emotionally.

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"It's not always easy to figure out whether your parents are, or were, toxic. A lot of people have difficult relationships with their parents. That alone doesn't mean your parents are

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emotionally destructive. Many people
find themselves struggling on the
cusp, questioning whether they were
mistreated or whether they're being
'oversensitive.'

Forward, Dr. Susan - Toxic Parents:
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This belief fosters strong feelings of self-loathing and shame. In addition to having somehow to cope with the actual incest, the victim must now

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guard against being caught and
exposed as a ‘ dirty, disgusting ’
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This book isn't about placing the blame or shaming anyone's parents, but it is about recognizing where the true responsibility for the hurt really lies. Abuse and toxicity come in many

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different forms, some subtle and some outright aggressive. Toxic parenting hurts children in ways that neither children no parents can fully comprehend.

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