



I'm OK, You're My Parents: How to Overcome Guilt, Let Go of Anger, and Create a Relationship That Works

Dale Atkins, Nancy Hass

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"Atkins's strength is in suggesting ways to rewire your relationship . . . If your parents drive you up the wall, there's plenty here to help you. And the cost of the book is definitely cheaper than therapy." —*The Boston Globe*

In a recent study, half of all Americans rated their relationship with at least one parent as either "poor" or "terrible," and more than a third felt this way about both parents. As life expectancy continues to rise and the parent-child relationship extends further and further into adulthood, this problem has reached epidemic proportion.

I'm Ok, You're My Parents offers practical, specific advice on how to

- exorcise the demons of anger and resentment
- untangle financial arrangements that cause stress and feelings of powerlessness
- set limits on parental demands for time and attention
- turn a spouse or friends into a powerful resource
- overcome your own resistance to change
- discover the redemptive power of humor

This will prove invaluable to anyone eager to get off the "treadmill," gain control, and build a life that they and their parents can live with—forever.

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Paul Erdmann:

Have you spare time for the day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity for spend your time. Any person spent their own spare time to take a go walking, shopping, or went to the Mall. How about open or even read a book allowed I'm OK, You're My Parents: How to Overcome Guilt, Let Go of Anger, and Create a Relationship That Works? Maybe it is to be best activity for you. You understand beside you can spend your time with your favorite's book, you can better than before. Do you agree with their opinion or you have different opinion?

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