



If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World

By Dan Neuharth

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Do you sometimes feel as if you are living your life to please others? Do you give other people the benefit of the doubt but second-guess yourself? Do you struggle with perfectionism, anxiety, lack of confidence, emotional emptiness, or eating disorders? In your intimate relationships, have you found it difficult to get close without losing your sense of self?

If so, you may be among the fifteen million adults in the United States who were raised with unhealthy parental control. In this groundbreaking bestseller by accomplished family therapist Dan Neuharth, Ph.D., you'll discover whether your parents controlled eating, appearance, speech, decisions, feelings, social life, and other aspects of your childhood—and whether that control may underlie problems you still struggle with in adulthood. Packed with inspiring case studies and dozens of practical suggestions, this book shows you how to leave home emotionally so you can improve assertiveness, boundaries, and confidence, quiet your "inner critics," and bring more balance to your moods and relationships. Offering compassion, not blame, Dr. Neuharth helps you make peace with your past and avoid overcontrolling your children and other loved ones.

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Editorial Review

Amazon.com Review

Controlling parents can leave lasting scars on your psyche and negatively influence all aspects of your adult life, especially the ways you parent your own children. Understanding and rising above these problems is the subject of *If You Had Controlling Parents*, read by the author, clinical psychologist Dan Neuharth. Moving slowly and carefully through the material, Dr. Neuharth gives you time to process and reflect upon topics such as why parents overcontrol and how you can gain autonomy in your life. Specific exercises at the end of the tape will help you to change the patterns set by controlling parents and deal with situations like family holidays, maintaining relationships with your parents, and developing your own parenting style. (Running time: three hours, two cassettes) --*Sharon Griggins*

From Library Journal

Although the term "controlling parent" most often brings to mind a domineering parent, there are actually several ways in which a parent may use control. Labeling the types as smothering, cultlike, abusing, using, depriving, perfectionistic, chaotic, and childlike, Neuharth describes the characteristics of each, giving examples. The emphasis is on understanding parenting behaviors and their effects, as the author asserts that understanding is the key to future therapeutic success. The final section describes some steps, e.g., emotionally leaving home and writing down one's experiences, as coping techniques. These ideas are not innovative, but, as self-help materials are always in demand, this would be a beneficial purchase for most public libraries. ?Susan McCaffrey, Haslett H.S., MI
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Review

"Demystifies much within our pasts that can hurt our intimate relationships in ways we may not even realize." *If You Had Controlling Parents* "helps spark understanding and acceptance across generations." -- John Gray, Ph.D., author of "Men Are From Mars, Women Are From Venus" "A step-by-step plan in which [the reader] can deprogram himself from the ingrained and harmful habits taught by unhealthy guardians...and change habitual feelings of low self-esteem, distrust, or even a willingness to be victimized."--"Los Angeles Times" "Excels in describing threads common to many extreme parenting styles...and to the way children subjected to them feel once they've grown up." --"Dallas Morning News"

Users Review

From reader reviews:

Gale Taylor:

This *If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World* usually are reliable for you who want to become a successful person, why. The key reason why of this *If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World* can be on the list of great books you must have is actually giving you more than just simple looking at food but feed anyone with information that maybe will shock your preceding knowledge. This book will be handy, you can bring it everywhere and whenever your conditions both in e-book and printed kinds. Beside that this *If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World* forcing you to have an enormous of experience for instance rich vocabulary, giving you trial run of critical thinking that

we know it useful in your day activity. So , let's have it appreciate reading.

Steven Ward:

The reserve untitled If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World is the book that recommended to you you just read. You can see the quality of the reserve content that will be shown to you actually. The language that article author use to explained their ideas are easily to understand. The writer was did a lot of study when write the book, therefore the information that they share to your account is absolutely accurate. You also might get the e-book of If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World from the publisher to make you more enjoy free time.

Jessica Wilson:

The particular book If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World has a lot of information on it. So when you read this book you can get a lot of help. The book was published by the very famous author. The writer makes some research prior to write this book. This specific book very easy to read you can find the point easily after scanning this book.

Beverly Barber:

Playing with family within a park, coming to see the marine world or hanging out with friends is thing that usually you could have done when you have spare time, then why you don't try thing that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World, you could enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh seriously its mind hangout folks. What? Still don't obtain it, oh come on its called reading friends.

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