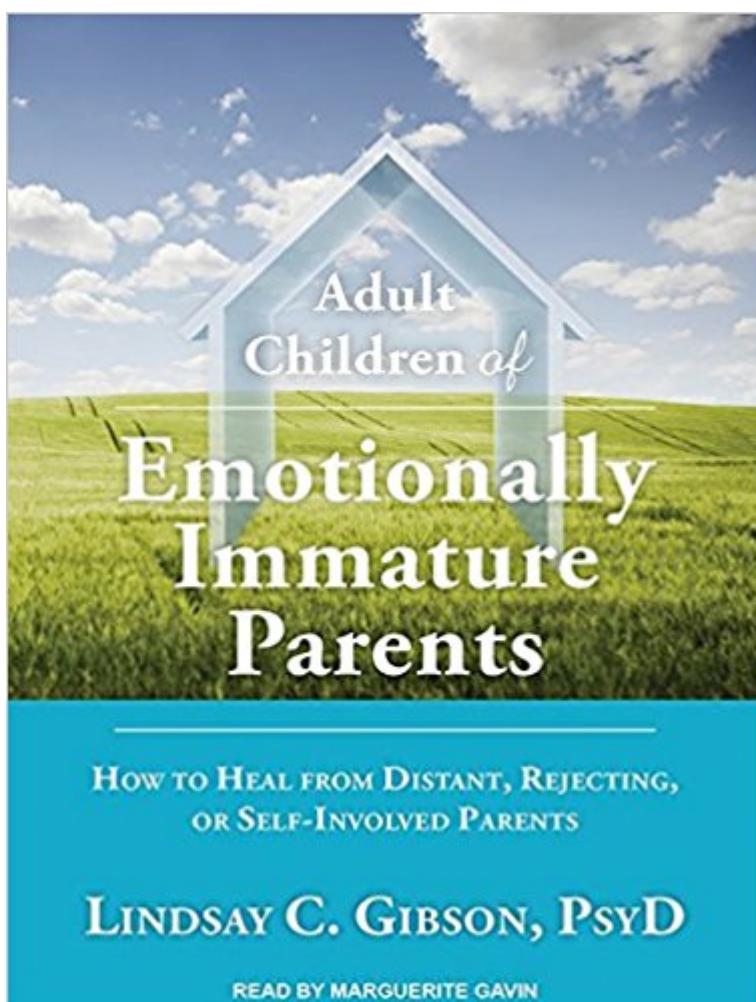


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# Adult Children Of Emotionally Immature Parents: How To Heal From Distant, Rejecting, Or Self-Involved Parents



## **Synopsis**

In this breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents' emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you'll learn how to create positive, new relationships so you can build a better life.

## **Book Information**

Audio CD

Publisher: Tantor Audio; Unabridged CD edition (May 10, 2016)

Language: English

ISBN-10: 1515907023

ISBN-13: 978-1515907022

Product Dimensions: 6.4 x 1.1 x 5.3 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 261 customer reviews

Best Sellers Rank: #1,027,402 in Books (See Top 100 in Books) #89 in Books > Books on CD > Parenting & Families > Interpersonal Relations #544 in Books > Books > Parenting & Relationships > Family Relationships > Dysfunctional Families #954 in Books > Books on CD > Health, Mind & Body > Self Help

## **Customer Reviews**

"Lindsay C. Gibson, PsyD, gives practical insight into a prevalent problem. The book is impeccably clear. This utter lack of confusion makes the book quite soothing, despite the heavy subject." ---Foreword Magazine

Lindsay C. Gibson, PsyD, is a clinical psychologist in private practice who specializes in individual psychotherapy with adult children of emotionally immature parents. She is author of *Who You Were Meant to Be* and writes a monthly column on well-being for *Tidewater Women* magazine. Marguerite Gavin is a seasoned theater veteran, a five-time nominee for the prestigious Audie Award, and the winner of numerous AudioFile Earphones and Publishers Weekly awards. Marguerite has been an actor, director, and audiobook narrator for her entire professional career, and has over four hundred titles to her credit.

Recently, I read 3-4 books on children of narcissistic or self-absorbed parents. Each one was valuable in its own way, helping me untangle my thoughts and feelings. What I like about this book, in particular, is that it reveals the systematic nature of emotionally immature thinking, which underlies the behavior of parents, lovers, friends, and public figures. By revealing the pattern and then explaining the cause (self-protection), it allows the reader to depersonalize the behavior and the damage it has done. For the first time, I can feel "It wasn't me. It was never me. And, it's still not me." And, for the first time, I truly understand that it's a fool's errand to try to make someone more emotionally mature. It's their path. I need to accept them as they are and decide how I want them in my life, if at all. Lastly, this book is very good for people whose parents weren't excessively narcissistic, who weren't controlling or grandiose in an exaggerated fashion. One's parents can be stable and kind but still deny a deep connection with their children because they can't tolerate negative feelings. This book reveals these more subtle dynamics while explaining that the fallout is anything but subtle to a child's emotional development.

Thank you Lindsay for being born!!! I've read countless self help books by various authors over the last three decades but, still, I never got to the heart of what was causing within me a pervasive sense of sadness, loneliness and not belonging. I've lived life mostly on the outside and in a detached way. Seldom did I feel that I fully connected with others. People would say I was a very likable person but I couldn't understand why. I never knew that I was attractive until a friend told me when I was in my teens. Even then I thought why is she saying that? I often took a backseat because I didn't have the confidence to stand up and be noticed. I could give countless examples going way back to my early childhood but suffice to say that Lindsay's book is the story of my life. I'm an internalizer. My sister is an externalizer. In many ways my parents weren't mature enough to deal with my sister's temper tantrums and her destructiveness. I was always on the receiving end of my sister's evil doings but my parents blamed me for her sins. They would give in to her all the time and at my expense. They had no control of her. My sister and mother were always together and my father adored my sister whilst, I was the pregnancy they didn't want. Yes, my mother told me that she tried to abort me during the first five months of her pregnancy, but in her words said, I couldn't get rid of you! So, she said, you were born and we were stuck with you like it or not. I was about seven years old at the time and didn't fully understand then what she was saying until I grew older. Mother's jealousy, envy and resentment towards me were not recognized at the time but, on reflection, I now realize how damaging it was. I reflect back to when I was 15 and the

only emotion that I recall was a deep sense of loneliness which I have carried with me since. Who am I? Where do I fit in? Why do I feel flawed as a human being? Why do I not feel good enough? Never ending questions. In my loneliness I felt an ever ending sorrow that I couldn't comprehend that, is, until I read Lindsay's book. I've lived most of my life with a multitude of conflicting and confusing emotions that neither I or any therapist I've seen or other books I've read has touch the spot quite like, 'Emotionally Immature Parents'. The decades have gone by and I'm now 65... at last I understand the emotional damage done throughout my early childhood and the life long affect it has had on me. However, all the could have's, would have's and should have's won't change a thing but, there's one thing for sure and that is, for the rest of my days I'll have clarity and an inner peace that I've never had. My heart is lighter and the anger all spent... what a wonderful place to be! Thank you from the bottom of my heart Lindsay. You are and angel in disguise.

There are a few negative reviews that accuse the book of being judgmental and fostering dangerous, exaggerated attitudes toward parents. I actually didn't see that at all. This book gives a name to the subtle disengagement, distance and neglect kids suffer at the hands of parents who probably do a great job of providing food, clothing, shelter and physical safety. I burst into tears reading the chapters on internalizers and how they end up dealing with this; it was like reading my life story. I'm not sure my parents were bad enough to be considered true "narcissists," and I really do believe they love me. But they fall so clearly into the "emotional parent" (my Mom) and "passive parent" (my Dad) the author describes, and it was a disastrous combo for my sense of worth. It explained their behavior right down to exact words and phrases they use, and it also explained MY behavior and some of the self-sabotaging choices I've made as an adult. I was so relieved to hear it wasn't all in my head, that there were things I could do to find real emotional connection with other people, even in my 40s! I didn't come away judging my folks, but rather with new insight on how to deal with them, and how not to waste another minute of my life trying to get through to family members who have no desire to change. I'll take my parents as they are and not expect more than they can give, but also begin holding myself accountable for good choices now that I have this new information with which to move forward. I'm so thankful I found this book- it was dead on in its specificity.

From the title to the Epilogue, Dr. Gibson puts her readers at ease enough to help them help themselves. Those who wouldn't call themselves "abused" can feel comfortable examining how to feel better in their adult lives when they feel something isn't or wasn't quite right about how they feel

about their parents. Dr. Gibson's focus on looking back is never for the sake of blame, but for looking at how one's past informs his or her present and future. I particularly liked her "Maturity Awareness Approach", and her final chapter on how to find Emotionally Mature people to befriend. As usual, you have taken others' research, your own intuition and experience, and your clients' experiences to synthesize a ton of helpful information into a readable, practical guide. Thank you.

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