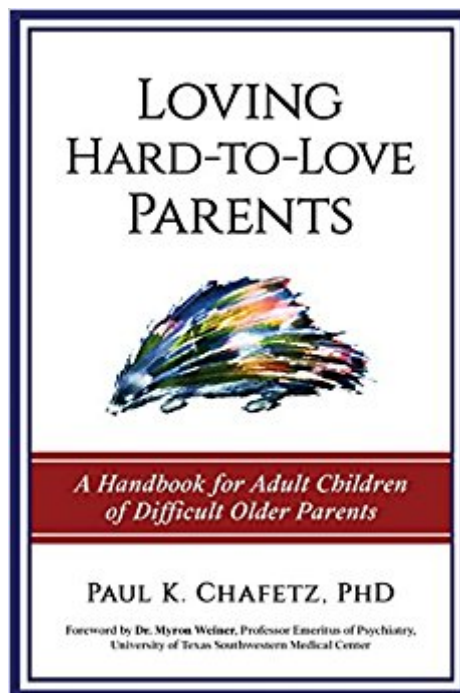




The book was found

Loving Hard-To-Love Parents: A Handbook For Adult Children Of Difficult Older Parents



Synopsis

Everyone knows some truly fine people in their thirties to sixties whose older parents treat them really badly, with hurtful sarcasm, irrational demands, constant criticism, and undeserved anger. These frustrated, unappreciated adult sons and daughters simply want to be good to their parents. Perhaps you are one of these people yourself. In this unique handbook, Dr. Chafetz provides adult children of difficult older parents (CODOPs) the tools they need to protect themselves emotionally, effectively love their hard-to-love parents, and create a healthy legacy for their own children. Here are thirty powerful, time-tested tools for CODOPs: Ten concepts to empower their minds Ten insights to comfort their hearts Ten behavioral skills to guide their actions

Book Information

Paperback

Publisher: Paul K. Chafetz PhD PLLC (July 5, 2017)

Language: English

ISBN-10: 099901613X

ISBN-13: 978-0999016138

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #488,666 in Books (See Top 100 in Books) #146 in Books > Self-Help >

Mid-Life #267 in Books > Parenting & Relationships > Family Relationships > Parent & Adult

Child #320 in Books > Parenting & Relationships > Family Relationships > Dysfunctional Families

Customer Reviews

"This book provides focused advice for dealing with difficult aging parents, a challenge that can cap off a lifetime of pain and distress within families. Written in manageable bites of information, Dr. Chafetz summarizes years of clinical experience into key principles that provide a framework for understanding and steps for action. Stories and illustrations keep it real. When no simplistic answers work, careful analysis of the options for balancing the needs of the family is critical. This book offers guidance for people in confusing situations." Sara Honn Qualls, PhD, ABPP Kraemer Family Professor of Aging Studies, Professor of Psychology Director, Aging Center and Gerontology Center Faculty Director, Lane Center for Academic Health Sciences University of Colorado-Colorado Springs "Chock-filled with pearls of wisdom based on many years of laboring in the clinical trenches with this often-neglected population." Victor Molinari, PhD, ABPP Professor School of Aging Studies

College of Behavioral and Community Sciences University of South Florida "Dr. Chafetz's book is a must-read for anyone who has had to balance the responsibility of respecting their older parents with the painful necessity of having to 'put up with' unacceptable or destructive behaviors. When I was the primary caregiver for my mother who suffered with Alzheimer's, this book would have saved me from many sleepless nights! Full of practical tips that can be used right now, this book also alleviates the suffering that comes from: - Feeling alone in the struggle and helpless to make a difference, - Not understanding the origin of destructive behaviors, and - The lack of effective boundaries." Pam Boyd Author of Rescripting the workplace: Producing miracles with bosses, coworkers, and bad days and other books. www.dramaticconclusions.com

Dr. Paul Chafetz, clinical psychologist, is a full-time private practitioner in Dallas, Texas. Trained at Brown University, the University of Florida, Duke University Medical Center, and the Texas Research Institute for Mental Sciences in Houston, Dr. Chafetz is a dynamic speaker, a prolific blogger, and a former associate professor at The University of Texas Southwestern Medical Center in Dallas. He has twice served as president of the Dallas Psychological Association. Learn more about him at PaulKChafetz.com

This is an extremely helpful guide for adults trying to cope with difficult older parents. The author is an experienced psychologist and he has drawn upon his many years of practice to develop useful principles and techniques to follow. The book is in a concise and easy to read format. I am very grateful to have found Dr. Chafetz' advice when I did, as my 90+ year old mother has dementia and my attempts to deal with her responsibly have been met with resistance and verbal abuse. She was driving me crazy. I feel much better about things after reading this. Highly recommended.

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