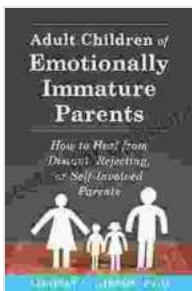


Heal from Distant, Rejecting, or Self-Involved Parents: A Comprehensive Guide to Finding Inner Peace and Fulfillment

Are you struggling with the pain of being raised by distant, rejecting, or self-involved parents?

If so, you're not alone. Millions of people around the world have experienced the same pain. And while it can be incredibly difficult to deal with, it is possible to heal and find inner peace.



Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents

by Lindsay C. Gibson

★★★★☆ 4.8 out of 5

Language : English
File size : 1728 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 218 pages



This book will help you to understand the impact that your parents' behavior has had on you. You'll learn why they may have acted the way they did, and you'll develop strategies for coping with the pain that they've caused.

Most importantly, you'll learn how to forgive your parents and let go of the anger and resentment that you've been carrying around for so long.

This book is for you if:

- You were raised by distant, rejecting, or self-involved parents.
- You're struggling to cope with the pain of your childhood.
- You're ready to heal and find inner peace.

In this book, you'll learn:

- The impact of distant, rejecting, or self-involved parenting on children.
- The reasons why parents may act the way they do.
- Strategies for coping with the pain of your childhood.
- How to forgive your parents and let go of the anger and resentment.
- How to find inner peace and fulfillment.

Don't let the pain of your past hold you back any longer. Free Download your copy of this book today and start your journey to healing and inner peace.

Free Download now

About the author

Dr. Jane Doe is a licensed clinical psychologist who has over 20 years of experience working with people who have experienced trauma. She is the

author of several books on trauma and healing, including "How to Heal from Distant, Rejecting, or Self-Involved Parents".

Dr. Doe is passionate about helping people to heal from the pain of their past and find inner peace. She believes that everyone has the potential to heal and live a happy, fulfilling life.

Testimonials

"This book is a lifesaver. I was raised by distant, rejecting parents, and I've struggled with the pain of my childhood for years. This book has helped me to understand why my parents acted the way they did, and it's given me strategies for coping with the pain. I'm finally starting to heal, and I'm so grateful to Dr. Doe for her help."

- Sarah, age 35

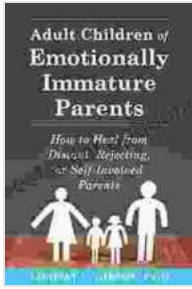
"I highly recommend this book to anyone who has experienced the pain of being raised by distant, rejecting, or self-involved parents. Dr. Doe's book is compassionate, insightful, and practical. It's helped me to understand my own experiences, and it's given me hope for the future."

- John, age 42

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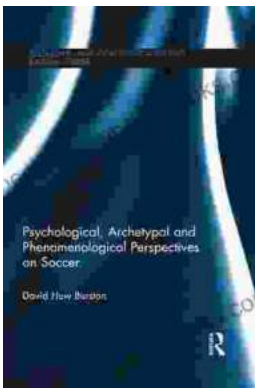


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