

If You Had **Controlling** Parents

AS
SEEN ON
OPRAH!

How to Make Peace
with Your Past
and Take Your
Place in the World

Dan Neuharth, Ph.D.

"Dan Neuharth's book demonstrated much within our souls that we had not intended
relationships to exist, yet they did exist anyway." —JUDY GARY, Ph.D., author of
Men Are from Mars, Women Are from Venus

If You Had Controlling Parents By Dan Neuharth Aug 26 1999

Jenn Mann



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The Relationship Fix Jenn Mann, 2016-10-13 Relationships aren't easy even the good ones. If you are on the verge of a divorce or break up in a great relationship but want to take it to the next level or single and want to make sure your next relationship is better, this book is for you. Based on cutting edge research and almost three decades of clinical experience as a Marriage and Family Therapist in private practice, Dr. Jenn Mann teaches you everything you need to know to have a deeper, more satisfying relationship and the skills to fix one that isn't working. Reading Dr. Jenn's book is like sitting down with her for a personal session in her treatment room. Using her tell-it-like-it-is approach, Dr. Jenn guides you through the six steps needed to get your relationship on track and helps you to use conflicts to strengthen your relationship. Create connection with your partner even if you haven't felt it for years. Change bad patterns. Recognize and know what to do when unresolved issues are hurting the relationship. Negotiate effectively to get your needs met. Make an effective apology using the four R's. Learn to forgive. Reignite your sex life. *The Relationship Fix* is also filled with case studies and stories from Dr. Jenn's clients on VH1's *Couples Therapy* with Dr. Jenn and her popular radio show and on her own personal experiences.

If You Had Controlling Parents Dan Neuharth, 2009-10-13 Dan Neuharth's book 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*. 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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