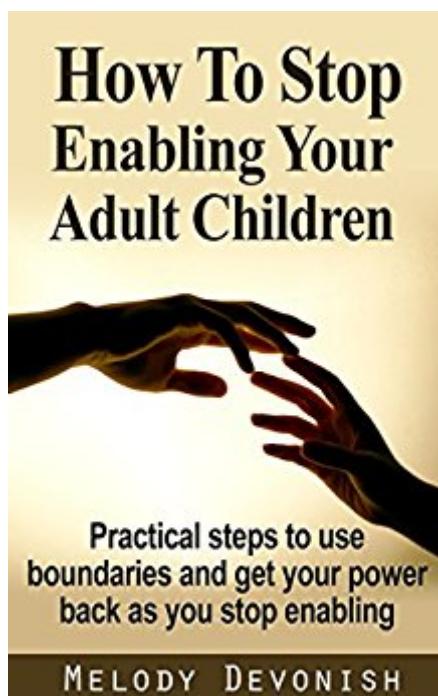


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# How To Stop Enabling Your Adult Children: Practical Steps To Use Boundaries And Get Your Power Back As You Stop Enabling (Empowering Change Book 1)



## Synopsis

DISCOVER HOW TO EMPOWER YOURSELF TO STOP ENABLING YOUR ADULT CHILDREN AND TAKE CONTROL OF YOUR RELATIONSHIPS AS YOU LEARN PRACTICAL STEPS TO STOP RESCUING Read on your PC, Mac, smart phone or Kindle device. This book will start you on your journey to stop enabling. If you just can't maintain boundaries with your adult child/children, and you find yourself constantly taken advantage of, then this book is for you. Discover the wealth of shared experience that can exist in a parent/adult child relationship that is not dominated by unrealistic expectations, manipulations and resentment. The goal is to empower you, as you understand the enabling cycle and then learn some very practical tools to help you stop. The enabling cycle can be challenged, and change will happen. Getting your power back in your life, and feeling the freedom of being in control of your decisions is an amazingly freeing process. It does however take work, and that is where this very practical book can get you started. You may find that your needs are constantly disregarded, while your adult child expects you to continually be there to pick up the pieces and rescue them again and again. It is time to learn HOW TO put firm boundaries in place in a calm and dignified manner. This book will help you see what lies are keeping you in your current stressful and unfulfilled situation. You will learn how to start the journey towards sharing a mutually fulfilling mature relationship with your adult child. Here Is A Preview Of What You'll Learn  
Understanding the Enabler or Rescuer  
How the Enabling Cycle Continues and Grows  
Boundaries Are Your Friend! Dignified Assertiveness  
The Importance of Individuation  
It's Not Cruel To Say "No"!  
Changing Your Thinking (Cognitive Behavioral Therapy)  
Practical Steps For Putting Your New Thinking and Boundaries Into Action  
Take action right away to start your empowering journey today by downloading this book, "How To Stop Enabling Your Adult Children", for a limited time discount of only \$0.99!  
Tags: enabling adult children, rescuing, relationships, parenting, boundaries, enabling, individuation, cognitive behavioural therapy, CBT, self-talk, healthy boundaries

## Book Information

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## **Customer Reviews**

Although I knew that I was enabling my 32-year-old son, I worried that he would live on the street if I didn't help him. He knew how to make me feel guilty unless I gave in to his requests for help. This book made me realize how much I was hurting him by not allowing him to be self-sufficient. The coaching really opened my eyes and gives me strength to change my behavior. Thank you.

To the point. I married a good man who has 2 adult children and 2 other adults (ranging from 25 to 65 years old) living off of him. This has been had a horrible effect on our new marriage. We are taking a stand...no more supporting these people. Our marriage may not survive but these people will never be dependent on him again.

For a short guide, this book is packed with depth and good advice, particularly in reference to identifying and breaking the "cycle" of enabling that occurs so often in relationships with adult children. Of course, the enabling has its genesis in upbringing since day one, but that's not the whole story. Ms. Devonish does an admirable job describing these components and giving good advice on how to address them. This book would be a great entry into further study.

A fast read that provided lots of good examples of what is acceptable and what isn't from an adult child. I liked how the author didn't go to either extreme of the spectrum, being too strict and unreasonable or being to easy going. Becoming an adult can be a difficult transition where a person

needs enough love and support. But at the same time they need to understand their own personal responsibilities and focus on their own development in becoming adults. A parent can provide a meaningful support in this transition while maintaining healthy relationships and not getting walked on .

I don't have adult children, but I picked up this book out of my general interest in setting healthy boundaries in relationships. This book gave me a whole new way of thinking what a parent should be and that is to help her child to grow up and be able to stand on his own two feet, not to make him dependent on his parent. I recommend this book to any struggling parent who wants to gain freedom from the vicious cycle of enablement of adult children.

I liked how the book pointed out how it can be for "adult children living in & not living in your home". I like how the "children" we're not identified as step or biological & we're just "children". I really like how the book begins to teach parents how to not become an enabler from the young age of the child. This was a great book & I would recommend for any new parents & step-parents alike. I only gave it a 4 out of 5 because the length of the book wasn't long enough.

started a support group and have given out about 20 of the books ... we have an epidemic of young people, especially young men, who are refusing to grow up and feel they are entitled to live off of mom or dad.

Very helpful, dealing with this issue right now. It is hard to extricate yourself when you realize that you have clearly become an enabler of an adult child. This book is helpful in setting boundaries and putting some perspective on the issue.

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How To Stop Enabling Your Adult Children: Practical steps to use boundaries and get your power back as you stop enabling (Empowering Change Book 1) How To Stop Enabling Your Adult Children: Practical steps to use boundaries and get your power back as you stop enabling (Empowering Change) (Volume 1) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) The 5 Phases to Get Your Ex Back: Where You Are Now and Where You Need to Go to Get Your Ex Back Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Get Your Ex Back: The 4 Things Your Ex Needs

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