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# CUTTING LOOSE

**AN ADULT GUIDE  
TO COMING  
TO TERMS WITH  
YOUR PARENTS**

**HOWARD M. HALPERN, PH.D.**

AUTHOR OF  
HOW TO BREAK YOUR  
ADDICTION TO A PERSON



# Cutting Loose An Adult Guide To Terms With Your Parents

**Eric Berne**



## **Cutting Loose An Adult Guide To Terms With Your Parents:**

*Cutting Loose* Howard Halpern, 1990-04-15 With more than thirty five years of experience in psychotherapy Dr Halpern enables the adult child to understand his or her parent and foster a positive healthy adult relationship In all respects you appear to be well adjusted reasonably successful adult but in the presence of your parents you feel vulnerable dependent guilty insecure childlike They manipulate you smother you demand your attention or elicit your resentment In clear nonclinical terms renowned psychotherapist Dr Howard Halpern shows you how to break these familiar family routines so that you can build healthy rewarding parent child relationships He teaches you for example how to handle martyred mothers despotic fathers and moralistic unloving or seductive parents He also addresses the sensitive topics of how to deal with aging divorced or dying parents Resolving conflicts with your parents will enable you finally to cut loose to start being yourself rather than your parent's child Without guilt revenge or fear as your motives you will be able to make the choices in love work and values that do justice to who you are With more than thirty five years of experience in psychotherapy Dr Halpern enables the adult child to understand his or her parent and foster a positive healthy adult relationship

**Cutting Loose** Howard Marvin Halpern, 1976 O s i *Cutting loose* Howard Marvin Halpern, 1984-02-01 **New York Magazine**, 1988-02-01 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

**The Complete Handbook for College Women** Carol Weinberg, 1994-07-01 Increasingly college is portrayed as posing as many perils for young women as it does opportunities and challenges The cover of The New York Times Magazine tells us that Crime Turns The Campus into an Armed Camp at the same time that dozens of schools experience painful racial upheavals Date rape eating disorders drugs and alcohol hate crimes the recent firestorm over political correctness all have combined recently to make college seem a daunting even threatening experience This need not be so says Carol Weinberg and in The Complete Handbook for College Women she provides concrete incisive advice to help young women make the most of their college experience Away from home for the first time in an unfamiliar environment paired with a stranger as a roommate the college student faces a number of imposing academic and social challenges As an experienced college administrator who has spent over twenty years working with students at a range of colleges Weinberg is an ideally suited guide to help young women navigate their way through what may well be the most formative experience of their lives Written in a straight forward personable manner The Complete Handbook for College Women is must reading for both college bound women and students already at school as well as a valuable guide for administrators parents and anyone involved with higher education Issues discussed include first arrival and issues of independence and responsibility family ties and loneliness assertiveness

and conflict resolution physical and emotional health eating disorders alcohol and drugs codependency sexuality sexual harassment sexual abuse rape and personal safety and the many components of living in a diverse environment such as ethnicity religion sexual orientation class disability age and appearance Table of Contents Introduction 1 Arrival Independence Freedom and Responsibility 2 Family Ties 3 Assertiveness and Conflict Resolution 4 Taking Care of Yourself 5 Eating Disorders 6 Alcohol and Drugs 7 Codependency 8 Sexuality 9 Sexual Harassment 10 Sexual Abuse Rape and Personal Safety 11 Living in a Diverse Environment 12 Ethnicity and Culture 13 Religion 14 Sexual Orientation 15 Socioeconomic Class 16 Disabilities 17 Size and Appearance 18 Age Notes Index      **Making Peace with Your Past** H. Norman

Wright,1997-11-01 Much of who we are what we do and how we feel is determined by our past Whether they re relationships from our childhood or pressures from recent years the events of the past can have a significant impact on our current behavior A continual bestseller now re launched with a new look for new readers this insightful and perceptive book shows readers how to face and move beyond the negative events and feelings of their past Writing from a compassionate Christian perspective H Norman Wright helps readers understand who they are who is responsible for their character and how they can let go of the things of the past in order to live with confidence and enthusiasm      **The Emotionally Abused Woman**

Beverly Engel, M.F.C.C.,2017-11-21 A sensible book full of insight and hope that offers support and guidance in freeing emotionally abused women from the cycle of abuse and establishing new healthy patterns of relating to others Booklist Does your husband or lover constantly criticize you and put his needs before yours Do you sometimes wonder if your best friend is truly a friend Does your boss try to control your every move Does your fear of being left alone keep you in chronically hurtful relationships If any of these questions sound familiar you could very well be suffering from emotional abuse the most widespread but also the most hidden abuse that women experience This type of abuse is just as damaging as physical or sexual abuse But there is help in this invaluable compassionate sourcebook As a marriage family and child therapist who has grappled with these issues herself Beverly Engel guides you through a step by step recover process helping you shed the habits begun in childhood and take the first few steps toward healthy change Using numerous examples drawn from case history and her own therapeutic expertise Engel will show you how to Recognize and understand the abusers in your life Identify the patterns that have kept you emotionally trapped Complete your unfinished business Decide whether to walk away from an abusive relationship or take a stand and stay Heal the damage of abuse by building self esteem Break the cycle of abuse and open yourself to the promise of healthy relationships      **She Loved Me, She Loved Me Not** Linda J.

Converse,2001-08-02 Spirituality and Medicine can the two walk together summarizes the Howard University Hospital s Seminar Series on Spirituality and Medicine over a ten year period from 1998 2007 It meticulously presents a compelling discussion through five chapters which summarize such titles as Perspectives on death and dying The spiritual side of medicine the art and science of healing The power of faith and the use of prayer Renewing the mind and its impact on health

and The scientific and spiritual aspects of the soul The foundation for the discussion is grounded in the history of medicine and cultural anthropology and is explicated in a reader friendly fashion throughout the text As the discussion integrates various aspects of the union of spirituality and medicine helpful tools are provided that shed light on relevant legal and scientific issues concerned with end of life care The book includes a glossary of terms that is very helpful to the reader The scientific information presented is based upon fact and the standards of medical research as published in peer reviewed journals Additionally many testimonials attesting to the connection of spirituality and health and the first hand knowledge of physicians and clergy experiencing this connection are also included The language content and context of this book are designed in such a way as to appeal to readers from all walks of life and leave them with the resounding conclusion that spirituality and health have always and shall continue to walk together

**Understanding Aging Parents** Andrew D. Lester, Judith L. Lester, 1980 **Resolving Family and Other Conflicts** Mendel H. Lieberman, Marion Hardie, 1981 *You Never Stop Being a Parent* Helen K. Hosier, 1986-04 **Families in Recovery** Beverly Engel, 2000 This sensitive and compassionate guide offers information and encouragement for siblings and parents of a survivor of childhood sexual abuse teaching how family members can support a survivor while uniting in mutual recovery Chapters explore prevention reconciliation and the special healing necessary when the perpetrator is a family member *Working Woman*, 1977 **The Fifteen Factors of Retirement Success** Richard P. Johnson, Warren E. Jensen, 1996-09 *To Live Again* Genevieve Davis Ginsburg, 1989 This sensitive practical support guide for America's 11 million widows and their friends family and children is a wise practical and eminently useful guide for a woman struggling to rebuild her life after the death of her husband Nathaniel Branden author of *Honoring the Self* **The Commitment to Forgive in Parentally Love-deprived College Students** Radhi H. Al-Mabuk, 1990 **Burning Bridges** Inette Miller, 1989-03 The obsession of a married woman who loved too much **What Do You Say After You Say Hello?** Eric Berne, 1985 *The Book of Hope* Helen A. De Rosis, Victoria Y. Pellegrino, Judy Delton, 1983-09 **Love Lives** Carol Botwin, 1983

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