



Nobody's Baby Now: Reinventing Your Adult Relationship with Your Mother and Father

Susan Newman

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Whether you're a CEO or schoolteacher, single or married with children, you are still your parents' child. Regardless of your age, you can be transported back into adolescent angst by what you perceive to be a parent's demands, criticism, or other manipulations.

Are you tired of conversations or visits ending in arguments or hurt feelings? yours or theirs? Do you feel guilty about things you did and didn't do or say? Do you say "I'll never be like my parents," only to realize that you act more like them than you'd ever imagined? *Nobody's Baby Now* is a practical guide to resolving those and other dilemmas by reinventing your relationship with your parents. Susan Newman, a social psychologist who specializes in family dynamics, offers realistic strategies for improving the adult child-parent relationship, based on two years of interviews with 150 adults between the ages of twenty-eight and fifty-five, who share their experiences?from pet peeves and holiday conflicts to money issues and long-standing grudges. Their stories are universally familiar and provide insights into your own family dynamics, while their strategies for changing patterns of behavior on both sides are inspiring.

Covering issues as varied as boundaries and babies, in-laws and careers, *Nobody's Baby Now* gives you the tools to keep disagreements to a minimum, turn intolerable situations around, and guide the transformation of your adult child-parent relationship into a mature, supportive, and loving connection.

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