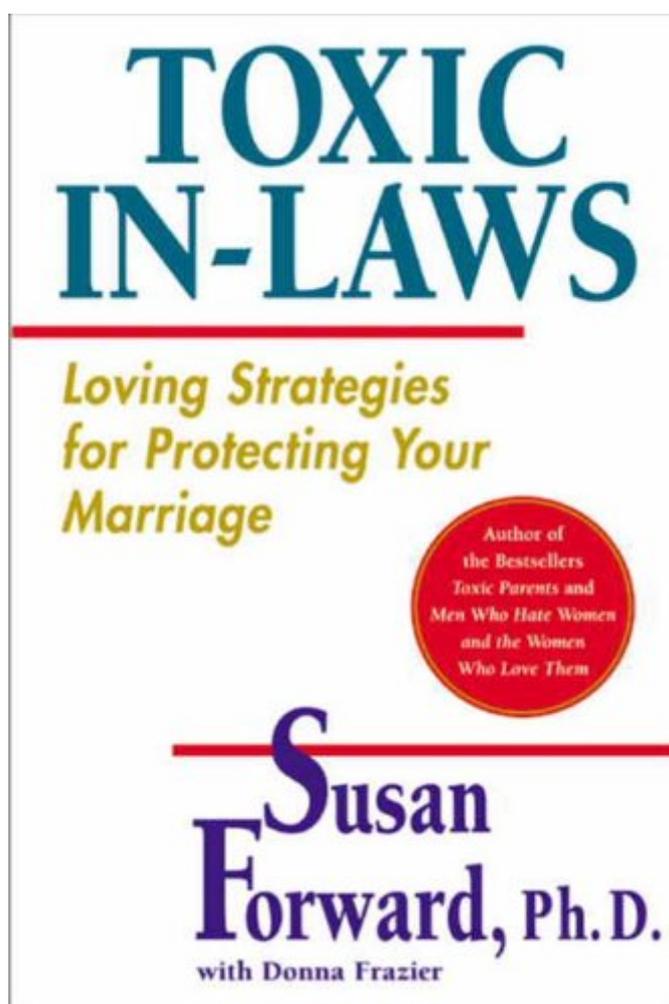


The book was found

Toxic In-Laws: Loving Strategies For Protecting Your Marriage



Synopsis

Susan Forward's practical and powerful book will help couples cope with terrible and toxic in-laws. Toxic in-laws are in-laws who create genuine chaos through various assaults—aggressive or subtle—on you and your marriage. Toxic in-laws come in a wide variety of guises, "The Critics.:", who tell you what you're doing wrong, "The Controllers.:", who try to run you and your partner's life, "The Engulfers.:", who make incessant demands on your time, "The Masters of Chaos.:", who drain you and your partner with their problems, and, "The Rejecters.:", who let you know they don't want you as part of their family. Susan Forward draws on real-life voices and stories of both women and men struggling to free themselves from the frustrating, hurtful and infuriating relationships with their toxic in-laws. Dr. Forward offers you highly effective communication and behavioral techniques for getting through to partners who won't or can't stand up to their parents. Next, she lays out accessible and practical ways to reclaim your marriage from your in-laws. She shows you what to say, what to do and what limits to set. If you follow these strategies, you may not turn toxic in-laws into the in-laws of your dreams, but you will find some peace in your relationship with them.

Book Information

File Size: 451 KB

Print Length: 308 pages

Page Numbers Source ISBN: 0060507853

Publisher: HarperCollins e-books (September 7, 2010)

Publication Date: September 7, 2010

Sold by: HarperCollins Publishers

Language: English

ASIN: B003WJRE4Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #91,847 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #34 in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family Relationships > Parent & Adult Child #80 in Books > Parenting & Relationships > Family Relationships > Parent & Adult

Customer Reviews

I often recommend Susan Forward's other books, "Toxic Parents" and "Emotional Blackmail" in my ministry for adult children of abusive or controlling birth-families (Luke 17:3 Ministries). I read "Toxic In-Laws" in the hopes of adding yet another dimension to the damage overbearing or controlling parents can do to your life. I liked how the book started out, describing the types of toxic in-laws, which include Critics, Engulfers, Controllers, Rejectors, and Masters of Chaos. The analysis of why they behave this way was right on. Examples of the reasons why include concern over "what people will think", a missing empathy gene, holding onto your partner (their child) at all costs, acting out old scripts, and exorcising their demons by attacking you. The author is so right when she warns young marrieds that if they think the in-laws are controlling now, just wait till the grandkids come along! She teaches us that although many of us cling to the false hope that "once they get to know me, they'll like me", time doesn't help and usually worsens the hostility. We are shown that we are part of a triangle- often viewed as competition by our spouses' parents. Many times they don't like that they now have to deal with you, and that their issues are no longer just between them and their child. They know you influence their child and are angry that their child has "left them" for you. They may have rigid opinions, think they know everything and you (and/or their child) know nothing, and will distort reality to make it conform to their truth. Unfortunately, the child of such in-laws usually does not stand up for his or her spouse. The spouse is left feeling like an outsider with everyone against her.

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