



# Making Peace With Your Adult Children: A Guide to Family Healing

*Shauna L. Smith*

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## **Making Peace With Your Adult Children: A Guide to Family Healing** Shauna L. Smith

Shows parents and children how to uncover old patterns of blame, resentment and defensiveness, and how to communicate more sensitively and honestly in order to build healthier and more fulfilling relationships. The book contains sample letters and numerous exercises.

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