

# Compassionate Strategies When You and Your Grown Child Don't Get Along

By Dr. Fran Walfish

If you're struggling to get along with your grown child, you're not alone. In fact, it's a common problem that many parents face. But it doesn't have to be this way. With the right strategies, you can improve your relationship and build a stronger bond with your child.



## When Parents Hurt: Compassionate Strategies When You and Your Grown Child Don't Get Along

by Joshua Coleman PhD

★★★★☆ 4.4 out of 5

Language	: English
File size	: 353 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 322 pages



In her book, *Compassionate Strategies When You and Your Grown Child Don't Get Along*, Dr. Fran Walfish offers expert advice on how to do just that. She draws on her years of experience as a family therapist to provide practical tips and strategies that can help you:

- Understand the underlying causes of conflict

- Communicate effectively with your child
- Set healthy boundaries
- Resolve conflicts peacefully
- Build a stronger bond with your child

Dr. Walfish's compassionate approach emphasizes the importance of understanding your child's perspective and working together to find solutions that work for both of you. She believes that it's possible to have a healthy and fulfilling relationship with your grown child, even if you don't always agree on everything.

If you're ready to improve your relationship with your grown child, I encourage you to read *Compassionate Strategies When You and Your Grown Child Don't Get Along*. This book is full of valuable insights and practical advice that can help you build a stronger bond with your child.

**Free Download your copy today!**

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### **About the Author**

Dr. Fran Walfish is a renowned family therapist, author, and speaker. She has over 30 years of experience working with families and children, and she is the author of several books on parenting and child development. Dr. Walfish has appeared on numerous television and radio shows, including *The Today Show*, *The Oprah Winfrey Show*, and *Good Morning America*. She is also a regular contributor to *The New York Times*, *The Washington Post*, and *Psychology Today*.

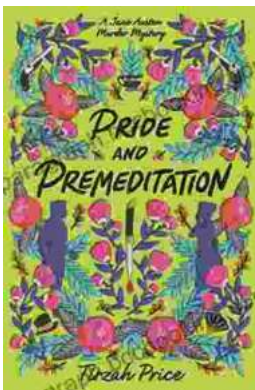


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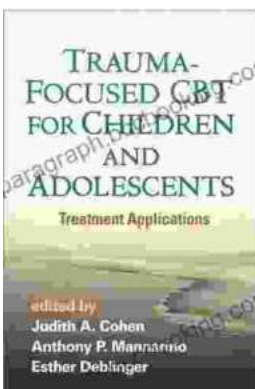
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