

Contents

Preface	9
Acknowledgments	11
Introduction	13
CHAPTER ONE	The Evolution of “Family” 19
CHAPTER TWO	My Story: From Childhood to Early Adulthood 29
CHAPTER THREE	So You Want to Become a Parent 41
CHAPTER FOUR	The Parenting Illusion versus Reality 47
CHAPTER FIVE	My Story: Overcoming Postpartum Depression with Love 53
CHAPTER SIX	Parents’ Obligations to Their Children 67
CHAPTER SEVEN	Do Children Have an Obligation to Their Parents? 77
CHAPTER EIGHT	Adult Children Learn the Truth about Their Parents 81
CHAPTER NINE	Parents Lead the Way 87
CHAPTER TEN	My Story: Marriage, Divorce, Single Motherhood, and Enlightenment 95
CHAPTER ELEVEN	The Effects of Divorce 119
CHAPTER TWELVE	Negative Parenting Styles 145
CHAPTER THIRTEEN	Controlling Parents: Religious Control 157

CHAPTER FOURTEEN	Controlling Parents: Physical Control 165
CHAPTER FIFTEEN	Controlling Parents: Psychological/Emotional Control 179
CHAPTER SIXTEEN	Parents Who Play Favorites 183
CHAPTER SEVENTEEN	Encouraging Competition and Family Drama 201
CHAPTER EIGHTEEN	The “Golden Child” Has a “Golden Grandchild” 211
CHAPTER NINETEEN	Cancer Strikes 217
CHAPTER TWENTY	Helping Jake Heal 229
CHAPTER TWENTY-ONE	An Angel Gets His Wings 237
CHAPTER TWENTY-TWO	Healthier Parenting Means Healing Your Own Family Life First 251
CHAPTER TWENTY-THREE	Letting Go of Your Toxic Family 261
CHAPTER TWENTY-FOUR	The Option of a Spiritual Family 267
CHAPTER TWENTY-FIVE	Parenting without a Price Tag 275
CHAPTER TWENTY-SIX	How to Build a Healthy Family Foundation 285
CHAPTER TWENTY-SEVEN	Time for Change: Building Healthier Lives 291
	Final Thoughts and Inspiration 299