



# When Parents Love Too Much: Freeing Parents and Children to Live Their Own Lives

*Mitch Meyerson, Laurie Ashner*

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Children, like trees, need a little space to grow. So, why do we as parents hinder the development of our children by being overly protective, indulgent, and assertive with them?

*When Parents Love Too Much* explores the all-too-common problems of over-protection, guilt, low self-esteem, and family conflict which spring from excessive parental attachment. The authors skillfully show how children, smothered by well-intentioned parents, can become adults who remain dependent on their parents, struggle to establish a sense of self, have difficulty making decisions, and often find their personal and intimate relationships disappointing.

Authors Ashner and Meyerson write to help not only parents who "love too much" and can't let go of their children, but also to adults who suffer from the consequences of their parents' unhealthy dependence. This book offers solutions and hope for those of us who need to learn to detach with love.

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