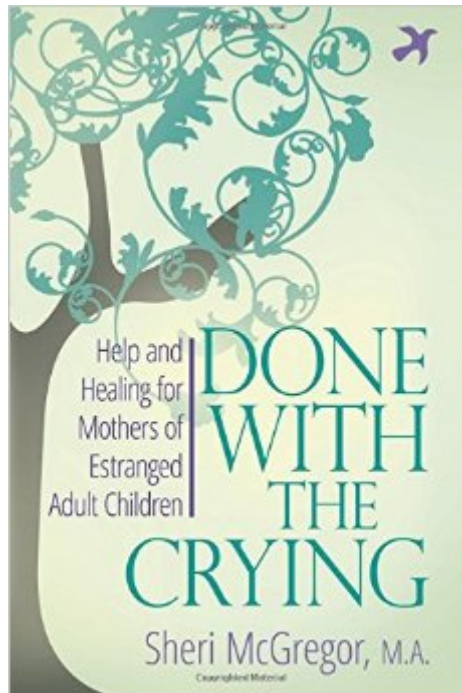


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# Done With The Crying: Help And Healing For Mothers Of Estranged Adult Children



## Synopsis

In *Done With The Crying: Help and Healing for Mothers of Estranged Adult Children*, Sheri McGregor, M.A., helps parents break free from emotional pain and move forward in their own lives. As a loving mother to whom the unthinkable happened, McGregor knows the horrible shock that wrings a parent dry, triggers denial, blame, anger, and shame. With empathy and understanding, as well as tools, the latest research, and insight from more than 9,000 parents of estranged adult children, McGregor helps parents of estranged adults plan ahead, prepare for emotional triggers, and prevail over setbacks and pain. You can be happy again. In a calm yet authoritative voice, and with exercises derived from her work as a life coach and her own recovery, McGregor helps mothers who did their best to come to terms with their estranged adult child's choices, and regain their health and happiness. To fathers of estranged adult children, this book can help you, too. "Ninety-three percent of the parents who answer my survey at RejectedParents.Net are mothers," says Sheri McGregor. "That's why the title is directed at them. But many of the book's examples are from couples, and include the experiences of fathers. Some passages directly highlight men's reactions, including my husband's. The principles presented are relevant to fathers, and the strategies for coping can be used by anyone." In this encouraging and comprehensive book, McGregor fully covers the phenomenon of estranged adult children from families who never expected a son or daughter to cut ties and walk away. Nine in-depth chapters provide dozens of inspiring examples from among the thousands of parents of estranged adult children. Gain understanding and practical help from a mother who knows the pain of this devastating loss with all its uncertainty and heartache. Hope can remain, but you don't have to stay stalled, forever waiting. You can move past the disbelief and distress. Take charge. Reclaim yourself and your life only maybe even better.

## Book Information

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## Customer Reviews

This book has given me the tools I need to move forward with my life after the loss of the relationship with my much beloved daughter. I will forever be grateful to Sheri for having the courage to share her experience. I have been stuck in limbo waiting and hoping for my daughter to want a relationship with me. After reading Sheri's book I am able to wish my daughter well and move forward. I am now choosing to give myself the gift of freedom from myself imposed prison. I highly recommend this to my fellow imprisoned parents.

Mothers day was a Tsunami of pain so I ordered this book the day after. I could not wait for the Kindle edition. I am glad I ordered it. I am almost finished and it is full of tips and exercises to move you forward in the process what ever you decide to do individually . This book is designed to go at your own pace and to develop your own coping practice skills for daily living. This is more than a self-help book it is a recipe for how to move on into the life you want to have. As Mom's we have recipes for how to cook? Well, this book is a recipe for how to live.

Sheri McGregor's book "Done With The Crying" is by far one of the most compassionate and comprehensive books to date on the silent epidemic of mothers and fathers who have faced abandonment or estrangement of their adult children. The author has masterfully included many accounts of mothers who have experienced the trauma of being rejected by their adult children; and she has shared many helpful coping and healing strategies to lick and heal the wounds in this exquisite book. Her extensive research provides valuable information in understanding the many root causes, reasons, and cultural shifts for the parental abandonment or estrangement of adult children. You will also find that in so many cases the parents were normal, loving, nurturing, supportive and generous human beings who, in spite of all their best caring efforts, were later rejected and even verbally or emotionally abused resulting in one most painful experiences of a parent - the cruel and willful abandoned by their own off-spring. "Done With The Crying" is a profound study on this silent epidemic that can truly become your best source of learning from the author's and many other parents' personal experiences, so that you can come to a place of inner peace and acceptance of this new reality, and be able to find new hope and meaning in your

treasured life.

Sheri McGregor writes with compassion and provides a compass to navigate the difficult emotional waves of estrangement while charting a happier future.

I'm buying this book for a friend who has really been down and out since the estrangement of her daughter. I read it, and I like the practical exercises and the positive thinking that the author uses to help parents move forward. It appears she has really done her research, and spoken to many mothers who are dealing with estrangement. She also shares her own personal stories, which really resonated with me after listening to my friend's concerns. There is no blame in these pages, just practical suggestions on how to move forward with your life amidst all the pain and suffering.

I am delighted to have come across this encouraging book. The author is your faithful friend, weaving together unbelievable true stories from other parents, bittersweet tales from her own child's estrangement, and intuitive exercises that address a wide variety of emotions and ideas.

Great read about estrangement. Well written, insightful and useful. The author's own experience, paired with the input of thousands of other parents of estranged children, make this book so well-rounded and charged with truth. A must read about estrangement!

I have a close family member that went through this problem. I have been a witness to the pain this can put someone through. I gave them this book as a gift and it has improved their outlook on what can be a very bleak feeling situation. I suggest this book to any parent going through this.

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