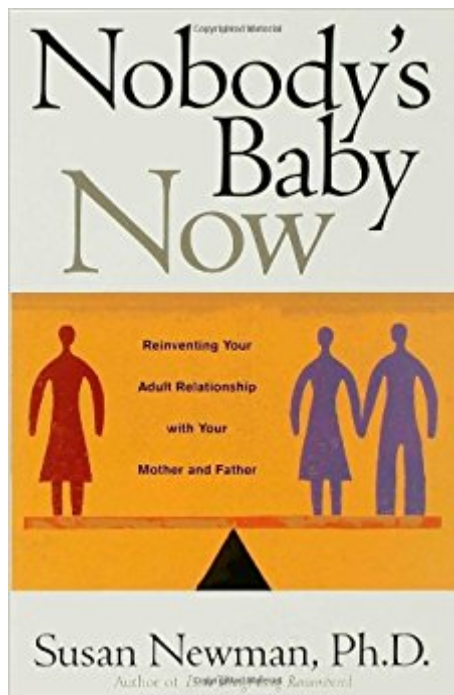




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# Nobody's Baby Now: Reinventing Your Adult Relationship With Your Mother And Father



## Synopsis

Whether you're a CEO or schoolteacher, single or married with children, you are still your parents' child. Regardless of your age, you can be transported back into adolescent angst by what you perceive to be a parent's demands, criticism, or other manipulations. Are you tired of conversations or visits ending in arguments or hurt feelings—yours or theirs? Do you feel guilty about things you did and didn't do or say? Do you say "I'll never be like my parents," only to realize that you act more like them than you'd ever imagined? *Nobody's Baby Now* is a practical guide to resolving those and other dilemmas by reinventing your relationship with your parents. Susan Newman, a social psychologist who specializes in family dynamics, offers realistic strategies for improving the adult child-parent relationship, based on two years of interviews with 150 adults between the ages of twenty-eight and fifty-five, who share their experiences—from pet peeves and holiday conflicts to money issues and long-standing grudges. Their stories are universally familiar and provide insights into your own family dynamics, while their strategies for changing patterns of behavior on both sides are inspiring. Covering issues as varied as boundaries and babies, in-laws and careers, *Nobody's Baby Now* gives you the tools to keep disagreements to a minimum, turn intolerable situations around, and guide the transformation of your adult child-parent relationship into a mature, supportive, and loving connection.

## Book Information

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## Customer Reviews

"...Newman's wise and practical approaches promise less guilt-ridden, more compatible

relationships with even the most difficult parents." -- Susan Ginsberg, Ed.D., Editor & Publisher,"...Professionals and adult children will want to keep this volume handy..." -- Bonnie Markham, Ph.D., Psy.D, Adjunct Faculty, Robert Wood Johnson Medical School-UMDNJ"A superb survival guide for all adults seeking a better understanding of&#x97;and a more rewarding relationship with&#x97;their parents." -- Joshua Piven, author of The Worst-Case Scenario Survival Handbook"Clear, clever and sensible...guides you over the inevitable potholes..." -- Myron Gessner, M.D., Associate Professor of Psychiatry, UMDNJ-Robert Wood Johnson Medical School

Social psychologist Susan Newman, Ph.D. teaches at Rutgers University in New Jersey, and is the author of twelve books, including the best-selling Little Things Long Remembered: Making Your Children Feel Special Every Day, Parenting an Only Child, and Never Say Yes to a Stranger. She is a member of the American Psychological Association.

I agree with a previous poster. This book is filled with one and two paragraph examples of what other people have experienced, but provides very little guidance on what to do big picture. As I started the book I was somewhat satisfied because I could definitely identify with some of the stories, but as the book continued, I continued to get more and more dissatisfied because I felt there was no real suggested path to solve such issues.

This book lost me with the CONSTANT examples. There is literally a different example ON EVERY PAGE! There was one small point that would interest me and then before the author had a chance to explain we were on to Mary or Tom or Suzi who had this experience. THE EXAMPLES ARE VERY DISTRACTING!! I had high hopes and I think there's good information in there, if you can stand the incessant examples. I couldn't!

In an attempt to uncover some insight on how I relate to my parents, I bought this book. I'm glad I did. It was very easy to read and kept my attention, unlike many other books of its ilk, and brought to light some patterns of behavior I might not have noticed on my own. It also validated many feelings I have been having on setting limits with my relationship with my parents. I highly recommend this book.

As a professional in the field, what I like about Nobody's Baby Now is that the author gets to the point quickly and in clear, concise language. The author makes complicated problems and issues

with parents easy to sort out and resolve. Her real life examples make you think she's talking about you and your parents. She has solutions for adult children who resort to child-like behavior when with parents, who allow parents to continue to run their adult lives or parents who put a wedge in their adult children's marriages. She's got a solid handle on in-laws and tells readers how to get their own; and she totally understands overly involved, judgemental grandparents. Her main points are highlighted in boxed areas for quick reference which tell you how to get a "grip" on the issues you may have with a parent. This is a book that can save marriages from parents' destructive behaviors and put adult children in charge of their own lives by making them independent of Mommy and Daddy without severing this powerful and all important connection. It is must reading for all adult children - be their problems with their parents big or small.

Nobody's Baby Now by Susan Newman, PhD. is Dr. Newman's twelfth book and a great help for working out personal conflicts between generations. As a family counselor Dr. Newman saw the need for this book, the only one which covers the problems between parent and adult children, dealing with the relationships from the point of view of the adult child. She offers many case studies and interviews which she documented over several years and which cover almost every conceivable relationship difficulty between grown children and their healthy, independent parents. (Other books cover problems with parents who need care and are dying.) These generational relationship problems are common to all adult children, and Dr. Newman offers numerous solutions which the adult child can use to develop a happy, appreciative, loving relationship with his or her parents in their older years so that they won't suffer regrets after the parent dies. This is an excellent book for every young adult to own and for every parent of adult children to read in order to make the best of this closest of all bonds, learning to treasure each other as peers and friends and letting go of old tapes and practices from childhood which are no longer appropriate.

Susan Newman PH, D., author of "Nobody's Baby Now" travels down a road many of us try to avoid. Dealing with conflict in family relationships often causes great anxiety and brings on ostrich behavior. Dr. Newman's practical experience and insightful advice, drawn from her extensive research, can help readers take their heads out of the sand and inspire them to meet the challenges involved in successfully handling family relationships. I particularly found the chapter on grandparents very interesting, since I am a new grandmother. The issues presented are relevant. The solutions are realistic and extremely helpful. Whether you surf the book or read it cover to cover you will find nuggets of information that will be helpful in reducing stress and enhancing the quality

of your relationships. Dr. Newman writes with humor and a positive perspective .I find her style to be entertaining as well as encouraging. As a personal coach I intend to put "Nobody's Baby Now," on my client-reading list and recommend it whole-heartedly.

Down with the Queen of DifficultThe words, difficult, stubborn, nosy, busy-body, controlling, demanding were invented for my mother.She was always in my face about what I wore, the latest guy, when am I going to settle down, telling me not to see this friend or that. She had to know every detail of my life. She made me utterly miserable, then I read "Nobody's Baby Now.' Voila! I can handle her now. Newman offers ideas on how to change YOUR thinking about a needy parent and she shows you howto make a parent feel loved while you pull back from her. I learned at age 32 I'm an adult, and I can make some of the rules about our relationship and do it nicely. What a blessing this book has been for me.

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