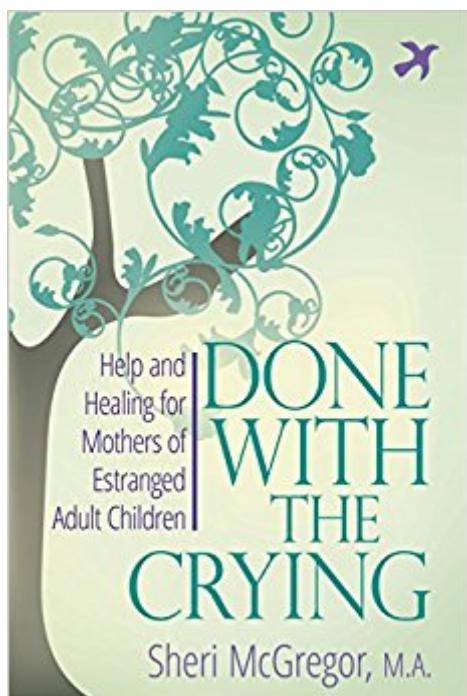


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# Done With The Crying: Help And Healing For Mothers Of Estranged Adult Children



## 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 painâ "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. Â To fathers of estranged adult childrenâ "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 lifeâ "only maybe even better.

## Book Information

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## Customer Reviews

". . . the support of those who have gone through similar events is invaluable. Who else can better understand how we might be feeling?" -- Janet Singer, Psych Central "Thank you for Done With The Crying: Help and Healing for Mothers of Estranged Adult Children. The book is a must read for parents of estranged adult children and mental health professionals working with these families. Sheri McGregor's work is a breath of fresh air offering a new perspective and providing support, encouragement, resources, and compassion to good parents that have found themselves in an unimaginable situation. " ----Maritza Parks, LMHC, Inspired Journey Counseling

The book is a must read for parents of estranged adult children and mental health professionals working with these families. Sheri McGregor's work is a breath of fresh air offering a new perspective and providing support, encouragement, resources, and compassion to good parents who have found themselves in an unimaginable situation.---Maritza Parks, LMHC, Inspired Journeys Counseling While Mothers are mentioned on the cover, dads, this is for you too! Done with the Crying is for any (and all) family member who wants to heal and move forward. This wonderful book will help you see how you can hold your chin up high, dry your eyes, and get on with your life.---Joi Sigers, Self Help Daily.com Done With the Crying also provides much time for reflection, for taking time to think about ones life and to read the stories of other women who are going through a similar situation. The book is easy to read, and provides much support and insight in a gentle and understanding way.---Hennie Weiss, M.A., Metapsychology Online Reviews This is my best resource to assist families whose adult children have rejected them. In my role as a family life educator, I work with those affected by a loved one's mental illness, and the sad phenomenon of estrangement is rampant. I've searched for resources and education, but there is precious little available to help rejected parents move forward. It did not take me many pages in to see the value for my work, and I often recommend this compassionately written book to parents and families who are in so much pain.---Mara J. Briere, MA CFLE, President and Founder, Grow a Strong Family, Inc.

If you have been hurt, rejected, abandoned or are estranged by your adult child/children and need

help and healing to get past the pain and move forward with your life, then Sheri McGregor's book "Done With The Crying" is by far the best and 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 her own painful experience as well 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 and/or emotionally abused resulting in one of the most painful experiences of a parent - the cruel and willful abandonment 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 parent's 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.

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.

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.

COMPLETE THERAPY COURSE IN A BOOK If this book cost \$100 it would still be a FANTASTIC bargain. It contains a complete therapy course you can do at home to help process the myriad

painful thoughts and emotions suffered by estranged parents. It has an interactive format. Throughout there are helpful questions posed for self-reflection and introspection, along with spaces for the reader to write in their own responses. The author, Sheri McGregor (hereafter to be called "Ms. Sheri"), makes a sincere effort to encourage the reader to get the most benefit from the book by participating in this valuable interaction. Ms. Sheri is the exact perfect person to write this book because, in addition to her background in psychology and counseling, she also has personal experience with estrangement. Additionally, she has put an enormous amount of research into this book, and she covers the subject in impressive depth and breadth. The tone Ms. Sheri takes throughout the book shows clear respect for the reader -- she knows/trusts/believes that you are a loving parent who has always tried to do your best! She never TELLS you how you should act or what you should feel. She lays out diverse examples of ways that other parents have handled situations in order to help the reader "try on" ideas and see what might fit for themselves. She gently encourages the reader to try small steps, always with the assurance that you are free to change your mind and go in a different direction. She writes, "I'm a firm believer that we each know what's really best for us." Gotta say, I love the way she debunks the "experts" who so freely dish out advice -- that was reassuring. This book came into my hands when I really needed it. I set myself the goal to read it cover-to-cover and to answer the questions. It's been a hard journey, but a very worthwhile one, taken every step of the way with Ms. Sheri walking beside me as a supportive, caring friend. I wish to express my deep gratitude to her for all of the hard work she put into this most valuable and helpful book. THANK YOU Sheri McGregor!!!

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