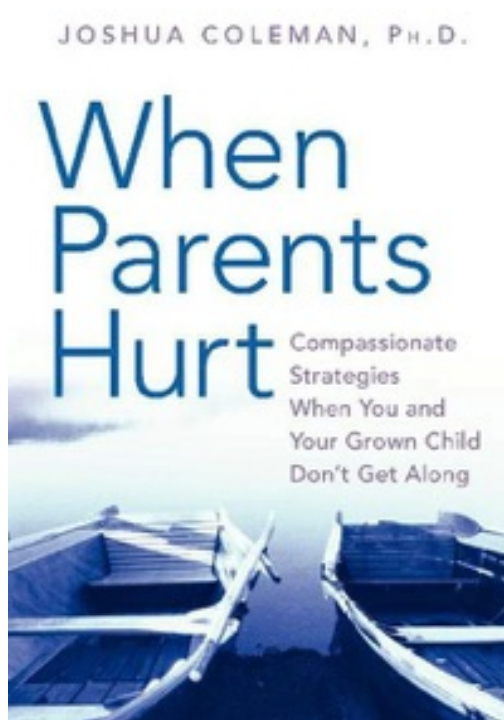


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Reduce anger, guilt, and shame
Learn how temperament, the teen years, their own or a partner's mistakes, and divorce can strain the parent-child bond
Come to terms with their own and their child's imperfections
Maintain self-esteem through difficult times
Develop strategies for rebuilding the relationship or move toward acceptance of what can't be changed
Understand how society's high expectations of parents contribute to the risk of parental wounds

By helping parents recognize what they can do, and let go of what they cannot, Dr. Coleman helps families develop more positive ways of healing themselves and relating to each other.

Such rifts

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