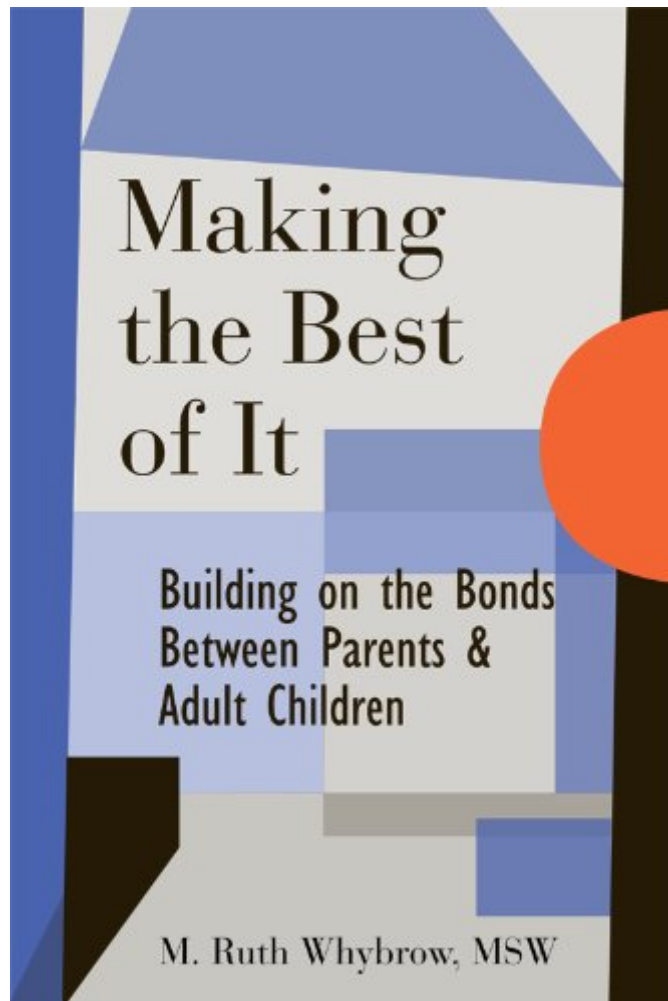


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# Making The Best Of It: Building On The Bonds Between Parents And Adult Children



## Synopsis

Parents and their children are important to each other throughout a lifetime but that does not mean to say that the relationships are always smooth. While their bonds may be close or distant, loving or troubled they are rarely indifferent. As children grow into independence, pursuing their own interests and loves, as parents lose the daily preoccupation of children at home, all face challenges in the way they relate to each other. This book addresses the landmarks and difficulties that occur between parents and their adult children and suggests ways of dealing with them. Some changes, such as children's marriages and grandchildren, are faced by most people and generally welcomed, some bring unhappiness, such as family feuds, and still others, such as hurt feelings, are commonplace. As they let go of being the primary people in their grown children's lives, parents have to try to forego some lifelong habits. Advice, for example, becomes less often appropriate or even relevant. And both parents and children are wise to be respectful and polite to new family members even if they cannot like them. The author is an able and experienced guide for those who find themselves perplexed in their efforts to have a nurturing and supportive relationship with the members of their family. She demonstrates that with good intent, with some personal awareness and love, parents and adult children can do much to create the kind of bond that is enriching and fulfilling for all.

## Book Information

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## Customer Reviews

Addresses many of the issues parents of adult children struggle with. The book is comforting and illuminating with personal anecdotes that allow us to see how the author reached conclusions--not only as a professional, but as a mother of adult children. Written in a lively and thoughtful way. I treasured every reading moment. Read it--you won't be disappointed.

Being at that stage in life where our children are now adults and wanting to make their own ways in the world and having elderly parents needing us in ever evolving new ways, this book was very helpful and insightful at offering concrete suggestions and guidance for both of these situations. After reading it, I decided that all of my siblings and many of my friends and peers would also benefit from reading it, as we all find our way forward, navigating these sometimes turbulent waters. Ruth Whybrow writes with sensitivity and compassion and I found it helpful to know that she too is going through the same stages of life. There are definitely parts of the book that I felt were reaffirming to that which I already know and are based on common sense, and then there are parts that spoke to me in a way that made me pause and look at the way that I communicate with my children as well as my parents in a new light. I highly recommend this book!

As in her earlier book *Caring for Elderly Parents*, Ruth Whybrow in *Making the Best of It* offers a sensible and easily accessible guide to enjoying life when the children have grown. But, no, this is not a book about how to cut loose and play golf but rather how to enjoy life with one's children when they are antonymous adults themselves with families of their own. In the arc of life we look forward for so many years that often it is difficult to look around and to engage, let go and, yes, even learn from the vision of the world that one's own children can bring. Children have so much to teach once one begins listening. The secret, as Whybrow recounts in a conversational style with practical tips at the end of each chapter, is to engage one's adult children as independent beings and eventually as friends. Yes it is possible; read the book and find out. This is a fine little volume packed with good sense.

This is a valuable book for adults of all ages. It will help them understand some of the experiences their parents go through as they age. Likewise, parents will have more understanding of the challenges and worries facing their adult children. Whybrow has produced a practical and compassionate guide to helping people work out their relationships with family members based on her extensive knowledge and experience counseling and interviewing adults. Her use of personal stories and practical strategies makes the book one I would not hesitate to recommend to my clients.

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