



ISBN: 978-1648485879 • US \$18.95

Adult Children of High-Conflict Parents

Find Freedom from Your Past,
Heal the Pain of Toxic Relational Trauma,
& Cultivate Lasting Self-Love

Tracy S. Hutchinson, PhD



Tracy S. Hutchinson, PhD, is a psychotherapist specializing in narcissistic abuse and family trauma recovery. She has served as an assistant

professor at multiple universities, and currently teaches graduate-level clinical mental health counseling at the College of William & Mary. Her expertise has been featured in *Vogue*, the *Associated Press*, and across television and radio.

Adult Children of High-Conflict Parents offers powerful, evidence-based tools to help readers identify, navigate, and recover from dysfunctional family dynamics. This integrative guide blends cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), internal family systems (IFS), and other proven-effective methods to help break unhealthy patterns, set clear boundaries with others, build self-compassion, and thrive as an adult. They'll also learn how to manage intense emotions, understand their origins, and move toward a life of purpose, connection, and emotional freedom.

“An invaluable resource for anyone seeking to understand their past and move forward from relational trauma!”

—Sharon Martin, LCSW



CLICK HERE TO ORDER:

[www.newharbinger.com/9781648485879/
adult-children-of-high-conflict-parents/](http://www.newharbinger.com/9781648485879/adult-children-of-high-conflict-parents/)



newharbingerpublications

800.748.6273 / newharbinger.com / 5720 Shattuck Ave., Oakland, CA 94609 USA

To sign up for
new book alerts
click here 