

COMING IN APRIL 2004 FROM HENRY HOLT & COMPANY

A guilt-free guide for adults seeking more satisfying relationships with their parents

In this accessible, entertaining, and eminently practical book, Dr. Dale Atkins, Ph. D., a licensed psychologist, draws on her twenty-five years of experience as a relationship expert to help adults gain control and build a life that they and their parents can live with—and enjoy.

I'M OK, YOU'RE MY PARENTS offers specific advice on how to:

I'm OK, You're My Parents

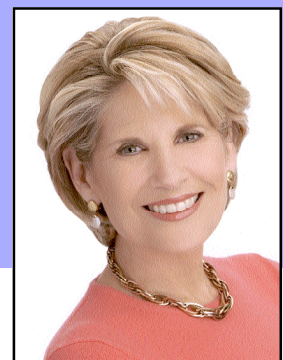
{ How to Overcome Guilt,
Let Go of Anger, and Create
a Relationship That Works }

Dale Atkins, Ph.D.

{ I'm OK, You're My Parents
\$ 24.00 / \$34.95 CAN
ISBN: 0-8050-7353-1
April 15, 2004 }

- Understand your parents' past, pre-you, how it influences their behavior and how you can use it to jumpstart change
- Learn how to stop being part of the problem
- Manage your anger without burying it
- Understand why you still need approval—and how to stop the cycle
- Escape the “good child” or “black sheep” jacket—and the guilt that comes with them
- Learn no-nonsense tools to help you every time a conflict arises
- Say “no” without paying the price
- Set effective limits
- Find your sense of humor
- Strengthen your marriage
- Create a truly independent sense of self

Dale Atkins, Ph. D. is a licensed psychologist and media commentator who appears regularly on the *Today Show*. The author of five books, she has contributed to such national magazines as *Ladies' Home Journal*, *Cosmopolitan*, and *Parents*. She lives Connecticut and practices in New York City.



Henry Holt & Company
www.henryholt.com