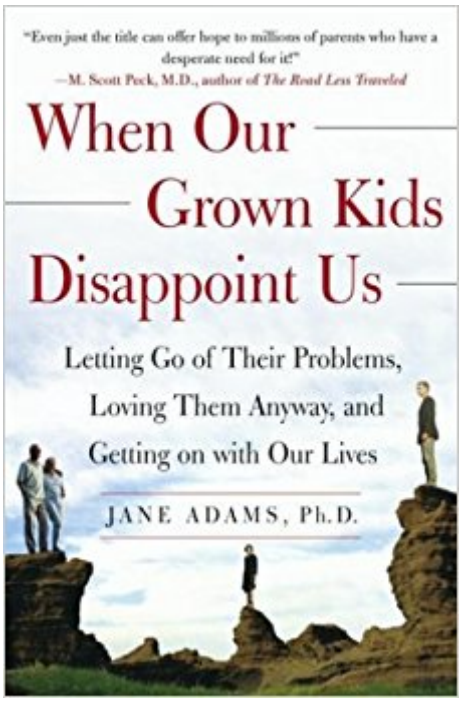
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When Our Grown Kids Disappoint Us: Letting Go Of Their Problems, Loving Them Anyway, And Getting On With Our Lives



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Synopsis

How do todayÃ¢â ¬â„¢s parents cope when the dreams we had for our children clash with reality? What can we do for our twenty- and even thirty-somethings who canÃ¢â ¬â„¢t seem to grow up? How can we help our depressed, dependent, or addicted adult children, the ones who canÃ¢â ¬â„¢t get their lives started, who are just marking time or even doing it? WhatÃ¢â ¬â„¢s the right strategy when our smart, capable Ã¢â ¬Å“adultolescentsÃ¢â ¬Â• wonÃ¢â ¬â„¢t leave home or come boomeranging back? Who can we turn to when the kids arenÃ¢â ¬â„¢t all right and we, their parents, are frightened, frustrated, resentful, embarrassed, and especially, disappointed?In this groundbreaking book, a social psychologist whoÃ¢â ¬â„¢s been chronicling the lives of American families for over two decades confronts our deepest concerns, including our silence and self-imposed sense of isolation, when our grown kids have failed to thrive. She listens to a generation that Ã¢â ¬Å“did everything rightÃ¢â ¬Â• and expected its children to grow into happy, healthy, successful adults. But they havenÃ¢â ¬â„¢t, at least, not yetÃ¢â ¬â •and meanwhile, weÃ¢â ¬â„¢re letting their problems threaten our health, marriages, security, freedom, careers or retirement, and other family relationships. With warmth, empathy, and perspective, Dr. Adams offers a positive, life-affirming message to parents who are still trying to Ã¢â ¬Å“fixÃ¢â ¬Â• their adult childrenÃ¢â ¬â •Stop! She shows us how to separate from their problems without separating from them, and how to be a positive force in their lives while getting on with our own. As we navigate this critical passage in our second adulthood and their first, the bestselling author of IÃ¢â ¬â„¢m Still Your Mother reminds us that the pleasures and possibilities of postparenthood should not depend on how our kids turn out, but on how we do!

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Customer Reviews

So your adored son is nearing 30--or past it already--and still living at home, unable to hold onto a McJob for longer than six months running, relying on you to feed him and make his car payments. Your beautiful, brainy daughter is anorexic, or addicted to drugs, or unwilling to leave the man who hits her. Increasing numbers of baby boomers are finding that their grown children have fallen far short of their expectations. These parents are confused, angry, guilt-ridden, and ashamed. Jane Adams’s When Our Grown Kids Disappoint Us is for them. She reveals the kinds of disappointments that other parents are facing: kids who are unable or unwilling to support themselves, kids who are addicts or convicts, kids who’ve joined cults or seemingly dropped off the face of the earth. She stresses that these are real problems--but that they aren’t the parents’ problems. Adams reassures parents that they’ve done their jobs and that they don’t have to spend the rest of their lives picking up the pieces for their grown children, emotionally, financially, or otherwise. Continuing to prop up kids who’ve repeatedly fallen on their own teaches them nothing; it’s just a temporary fix. Beyond offering sympathy, reassurance, and wisdom, the book doesn’t lay out a plan for solving anyone’s problems, but reading it may help disappointed parents shuck some of their guilt and shame, gather the courage to take back their own lives, and let their grown children fend for themselves. --Jennifer Lindsay --This text refers to an out of print or unavailable edition of this title.

Jane Adams has spent over two decades researching and reporting on how Americans live, work, and love, and especially how they respond to social change. A frequent media commentator, she has appeared on every major radio and television program. The author of eight nonfiction books and three novels, she is a talented communicator, and an expert in managing personal, professional and family boundaries, dealing with grown children, coping with change, and balancing life and work.A graduate of Smith College, Jane Adams holds a Ph.D. in social psychology and has studied at Seattle Institute of Psychoanalysis and the Washington, D.C. Psychoanalytic Foundation. She has been an award-winning journalist, a founding editor of the Seattle Weekly, and an adjunct professor at the University of Washington. She is the recipient of the Family Advocate of the Year award from Ã¢â ¬Å“Changes,Ã¢â ¬Â• an organization devoted to improving relationships between parents and adolescent children.

The author creeps through the first pages with so little "aha!" material, you'll wonder when she will get to her point. Thankfully she does - using good actual stories of adult kids who can't or won't leave the nest for various reasons. Great material to spark discussion and introspection. The abundance of run-on sentences (maybe the next book will be "When Editors Disappoint Us?") make for sometimes arduous reading. Ultimately, the message is worth the effort.

Loved this book. While I agree that there is no step-by-step solutions offered in this book to the problem of having children who break your heart with their bad decisions/lifestyle, the focus of this book is really the "step 1"-- and that is learning how to, and to not feel guilty about, detaching--and doing it with love. This is like a pep talk, a motivational speech--call it what you like. If you feel alone, ashamed and need validation that you have done your best for your child and feel guilty about letting them figure it out (hopefully)--this book will build you up. If you need specific steps on how to do that, then yes that would be another read. But read this one first--it's a great starting point. Highly recommend!

This book will set you or your spouse free if guilt exists. Great in dispelling false responsibility. It addresses many types of disappointments and provides meaningful methods in dealing with one's thoughts as well as learning to change your interactions with a son, daughter or step-child. Tired of making excuses for a son/daughter's bad behavior? Tired of being taken advantage of or supporting an adult son/daughter? Has your "kid" played upon your feelings to get something from you? Can you tell if your adult kids need help or are using you? Jane Adams' book is a real assessment of such situations and helps the affected parent deal with the issues. This book helped save one marriage I know !

Lots of real-life stories. The author gives useful insights without of course proposing any simple solutions. I find it helpful just to know that I'm not the only parent experiencing these discomforting feelings. The book does make me feel less guilty about wanting to concentrate more on my own personal goals rather than losing my energy over situations where I don't have the power to make the changes or decisions that may (or may not) need to be made. I recommend it !

Good book about kids that can't or won't grow up with limited advice about what to do about it. A number of stories of other parents and their unfortunate situations and also that sometimes the parental relationships can't survive the turmoil.

Great book for anyone in need of encouragement.

I’ve read a lot of books on parenting and the struggles of adult kids not adjusting well to adulthood and this is one of the best by far, It helps parents deal with guilt and how to have a better relationship with their adult children.

After my daughter and I actually got into a physical confrontation did I realize it was my life I had to start taking responsibility for; not my daughter’s. At near 52, I thought I was helping my 29 year old see her dreams of going to medical school but after almost 5 years, a baby with a man who couldn’t support himself yet a baby, then working for me in my office and working half the amount of thebstaff but paid 2x as much was over, but not until I saw what it was doing to my husband. Now I am working on trying to find a way to recreate my life so I can once again look forward to the rest of my life! Thank u Dr. Adams

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