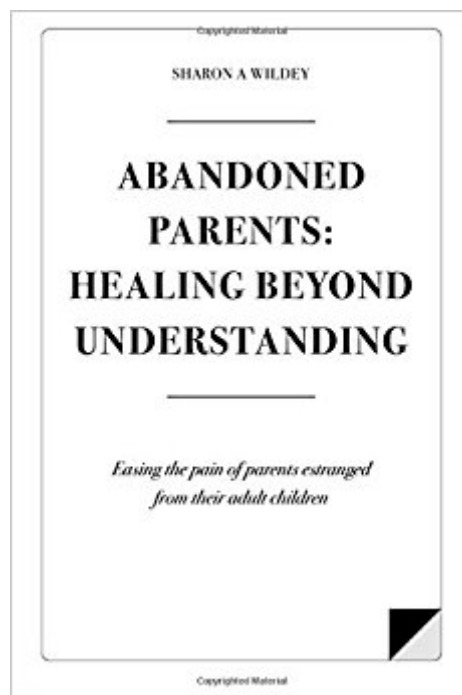


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# Abandoned Parents: Healing Beyond Understanding: Easing The Pain Of Parents Abandoned By Their Adult Children



## Synopsis

This book on the subject of adult children abandoning their parents focuses on healing from the trauma and grief caused by this estrangement. *Abandoned Parents: The Devil's Dilemma* focused on the causes and consequences of this problem. *On the Mountain in the Morning* is a meditation helpful in the understanding of this life experience now becoming common throughout the world.

## Book Information

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## Customer Reviews

Rev. Sharon A. Wildey, Esq has earned a B.A, and J.D. from Indiana University and a M.DIV from CTS in Chicago. She has worked in the field of adult children estrangement for over 6 years.

### EXCELLENT EXCELLENT BOOK

This is a powerful read. Like Ann Wilde's first book (*Abandoned Parents: The Devil's Dilemma: The Causes and Consequences of Adult Children Abandoning Their Parents*), it exposes myths around estrangement, offers wisdom and insight, and -- perhaps most importantly -- lets abandoned parents know that they are not alone. Ann Wilde offers true hope -- beyond hope for reconciliation, and towards hope to live forward whatever the outcome might be. Her words fly in the face of "peace at any price" reconciliations -- which can sometimes be purchased at a very high price, and are often short-lived, once the core issues reemerge. Ann Wilde doesn't offer a way out -- she offers a way through.

This is a masterpiece! The author has provided understanding to the experience of the abandoned

parent of adult children as brilliant as the highly acclaimed Kubler Ross's work on death and dying. Wildey has written about the journey an abandoned parent experiences, while including a wide variety of research to help those deeply grieving understand their journey as an abandoned parent. I feel this is an essential read for psychiatrists, psychologists, therapists, abandoned parents and adult children. I strongly believe Wildey has finally shed light into a very painful and dark journey. This is a highly misunderstood journey shrouded in shame that needs to be exposed so those surrounding the abandoned parent don't further traumatize the wounded parent.

For the possibly millions of caring parents who have lost their adult children to estrangement, are heartbroken, depressed and looking for answers to what has become a worldwide epidemic, you are hardly alone. In her books and through her website, Sharon brings compassion and comradery to what may be the most devastating pain a parent will ever experience. There is no miracle cure, but there is healing so you can move forward with your life and not be obsessed with your sadness and despair. Hard to believe, but many of us were actually too good a parent that we created a bunch of narcissists. Other adult children have been brainwashed by a third party (ex-husband,.ex-wife, through marriage or even cult like "Go No Contact" websites. Because of the kind of work being done by Sharon, this strange, family destroying phenomena has come to the forefront enough that Cornell University has recently launched a study that will hopefully provide a better understanding of all this craziness and bring us some peace of mind.

Sharon's new book is an amazing, insightful body of work in explaining what is happening to our mind and hearts. I recommend reading her first book first as it lays a foundation. As with her first book a loud , clear message of the reason for all this pain is so that we won't do it again. (Page 64 last paragraph second line & page 65 top paragraph lines 6 &7).If I had to pick just one sentence from the book (which was really thought provoking task as there were many sentences to choose from ) that speaks volumes of why we suffer, that explains clearly what we are starving for and summarizes the book in the most simplistic of terms that sentence would be : " Our being really wants peace and demands it of us. " page 73 last sentence.Obviously, this book is well written, well researched and wraps the reader in an emotional hug that what you are going through has so much foundation in our physical/emotional survival and well being.May reading her books help you on your journey to peace that we are seeking.Robin Athanas

Having been taken to the next level of healing by Abandoned Parents: The Devil's Dilemma, I can't

wait for my copy to arrive. In my opinion, these books should be required reading for estranged parents and especially for all health professions. Estrangement is a complex, multi-faceted cultural phenomena that cannot be solved with over-simplified rhetoric or prodigal child fantasies. Wildey addresses it in a way that gives the parent a way to both understand their suffering and move forward with life. Thanks to her writing, I did just that.

This is very helpful for someone whose adult children that don't talk to them anymore. This book is for the PARENTS. It does not give you solutions, but lets you know you are not the only parents whose adult children have abandoned them.

Wonderful book. The author succinctly reviews all of the resulting physical and mental conditions from being an estranged parent and offers solutions and insight on how to try to cope with it. Very inspiring.

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