



An Adult Child's Guide to What's 'Normal'

By John Friel, Linda D. Friel

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Do you know how to ask unwanted guests to leave?

In *An Adult Child's Guide to What's "Normal"*, John and Linda Friel have written a practical guide to living a healthy life. Your parents may not have been able to teach you social skills but it is not too late to learn them now. Read this guide and learn how to respond to the challenges, problems and traps that we are faced with daily.

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Editorial ReviewAbout the Author

John Friel, Ph.D. is a psychologist in private practice in St. Paul, Minnesota; Director of the St. Paul / Minneapolis Clearlife / Lifeworks Clinic, an intensive, short-term treatment program for Adult Children, Co-dependency, Addiction and compulsivity issues; and adjunct Associate Professor of Psychology at St. Mary's College Graduate Center in Minneapolis.

Linda Friel is known throughout the U.S., Canada, England, and Ireland for her therapeutic and training expertise in the areas of family systems, survivors of unhealthy childhoods, depression, anxiety, addictions and personality disorders. She is cofounder and national director of the ClearLife/Lifeworks Clinic, which is a special four-day therapy program to help people move beyond the painful patterns of childhood shortages.

Users ReviewFrom reader reviews:

Michael Short:Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite book and reading a e-book. Beside you can solve your long lasting problem; you can add your knowledge by the book entitled An Adult Child's Guide to What's 'Normal'. Try to make book An Adult Child's Guide to What's 'Normal' as your pal. It means that it can being your friend when you feel alone and beside those of course make you smarter than ever before. Yeah, it is very fortunated in your case. The book makes you more confidence because you can know almost everything by the book. So , we need to make new experience and knowledge with this book.

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