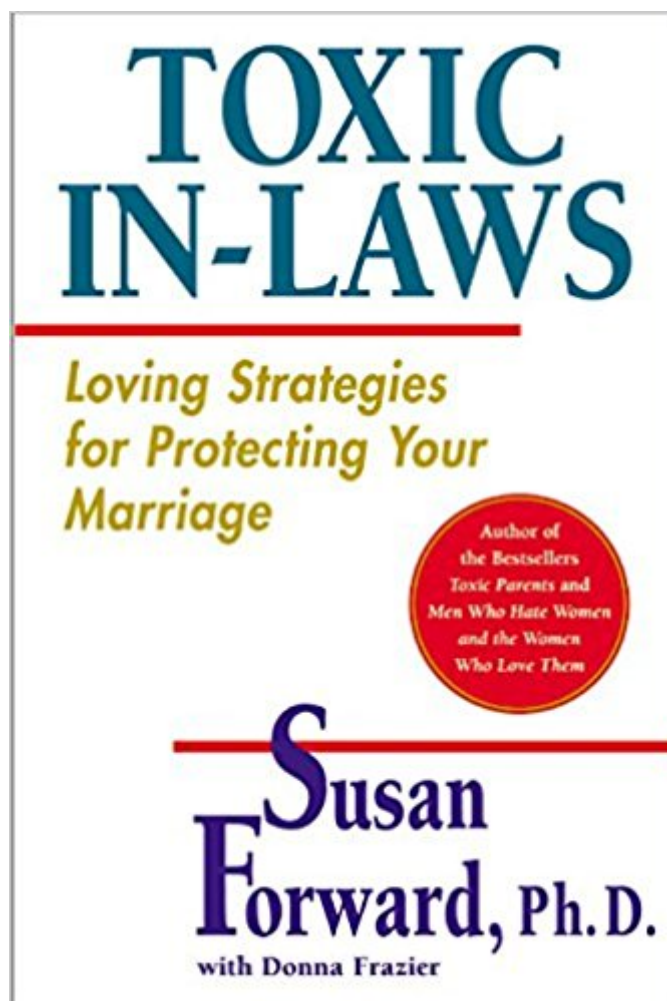


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Toxic In-Laws: Loving Strategies For Protecting Your Marriage



Synopsis

Susan Forward's practical and powerful book will help couples cope with terrible and toxic in-laws. Toxic in-laws are in-laws who create genuine chaos through various assaults—be it aggressive or subtle—on you and your marriage. Toxic in-laws come in a wide variety of guises: "The Critics", who tell you what you're doing wrong; "The Controllers", who try to run you and your partner's life; "The Engulfers", who make incessant demands on your time; "The Masters of Chaos", who drain you and your partner with their problems; and "The Rejecters", who let you know they don't want you as part of their family. Susan Forward draws on real-life voices and stories of both women and men struggling to free themselves from the frustrating, hurtful and infuriating relationships with their toxic in-laws. Dr. Forward offers you highly effective communication and behavioral techniques for getting through to partners who won't or can't stand up to their parents. Next, she lays out accessible and practical ways to reclaim your marriage from your in-laws. She shows you what to say, what to do and what limits to set. If you follow these strategies, you may not turn toxic in-laws into the in-laws of your dreams, but you will find some peace in your relationship with them.

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Customer Reviews

Susan Forward's practical and powerful book will help couples cope with terrible and toxic in-laws. Toxic in-laws are in-laws who create genuine chaos through various assaults—be it aggressive or subtle—on you and your marriage. Toxic in-laws come in a wide variety of guises, "The Critics.," who tell you what you're doing wrong, "The Controllers.," who try

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Susan Forward, PhD, is an internationally renowned therapist, lecturer, and author. Her books include the number-one New York Times bestsellers *Men Who Hate Women* and *the Women Who Love Them* and *Toxic Parents*. In addition to her private practice, she has served as a therapist, instructor, and consultant in numerous Southern California psychiatric and medical facilities.

So many times boundaries were crossed from my in-laws and continue to but I have not known what to do in hope to prevent permanently damaging my relationship with them and theirs with their son (my husband) I bought this book! My in-laws marriage and the disfunction of their family is totally different then mine and there's a cultural difference as well not much but enough to see the difference... they have manipulated my husband and much criticized everything being my fault, we are treated like our family isn't worthy enough to invite over, they complain we live too far for them even see their own grandchildren 25-30min, sometimes my father in law has seen he children alone, my brother in laws look at me and my husband uncomfortably and it's just plain weird and disrespectful, considering no one else treats us with such a negative snobby like attitude, really it's because my husbands step mother is overly critical even states she's happy she never had a girl thank god and causes arguments with my father in law if he doesn't side with her about her viewpoint of me and she cries on command which I don't so then I feel like I've suddenly lost the battle if I even try to defend myself! Every relationship and relationships/scenarios with our in-laws are all different, but this book sure brings some comfort in knowing that you can gain that part of your life back without losing your marriage even if your spouse just doesn't get it. My husband is a good man but he has many times tried to just get me to accept continuously be hurt emotionally from them that I can't even eat in peace when I'm around them bc I feel like I'm being watched like a

hawk for any little thing. I'm not much of a book worm but I am finding this book has so much in common with my life that I can't wait to finish it I hope it helps me be able to defend myself as a mother without sacrificing my dignity and self respect, giving me good advise to have a backbone and finally draw some boundaries to stop the emotional damage it's doing to me and my marriage.

Wow, this is a great book. I can certainly relate to the frustrations of what it feels like to be the "abandoned partner" that Susan Forward speaks about in this book. I could really relate to a lot of the case studies, as my own father-in-law and mother-in-law are very controlling and manipulative, and have been attempting to cram their selfish agenda down our throats. It's been a struggle for me to convince my wife to find her voice in this, and overcome her fear of disappointing her parents. She has a lot of "people pleaser" in her, and can summon up her courage when her parents aren't present, but as soon as she is face to face with them, she feels like a scared little girl. And so I have felt outnumbered in attempting to set healthy boundaries in our marriage. My wife is about half way through the book now, and she is starting to see just how frustrated I feel when she leaves me hanging out to dry, and doesn't give me her support. Her parents then convince her that I'm the bad guy, and I'm really an arrogant jerk. This book has put into words my frustration better than anything I've ever read before, and it's helping my wife to understand just how abandoned I feel when she doesn't "stand by her man" (Incidentally, my wife actually agrees with my viewpoints when we're discussing things privately. She just fails to find her voice when it's "showtime" and we have to confront her parents). Anyway, it was a wonderful "eye opener" for my wife. However, in terms of actually putting strategies in place for protecting and defending your marriage, while it is decent in this regard, I think Forward's other book "Emotional Blackmail" appears to provide more detail on how to deal with a blackmailer. So if you are trying to get a reluctant (or fearful) spouse on board with boundary - setting, I recommend "Toxic In-Laws". If your spouse is already on board, but you need to develop courageous tactics for communicating with your emotional blackmailer, I think the second half of "Emotional Blackmail" would be spectacular. In our case, it will add up as follows: "Toxic In-Laws" + "Emotional Blackmail" (the 2nd half) = healthy boundaries for our marriage.

Boy do I have some toxic in-laws. This book starts off with all kinds of stories which is enjoyable, because you feel like you're not the only one in the world with inexplicably difficult in-laws. It then goes into some very basic strategies to make the situation better. I do think some of these could be employed & may help. Ultimately, it is a light read. I did like it, but it certainly is more of a band-aid on a gushing wound than anything else.

Very well researched book, well done.

This book is for anyone facing troublesome in-laws. It has a number of examples that you can relate to and learn from in dealing with your in-laws and your spouse. After my husband and I went to counseling and had this referred to us by our therapist, we finally confronted his mother and her husband. She is a classic narcissist and blamed her son for being a difficult child (when confronted about the rage he was raised under). Then, she took her turn on me, playing the martyr who didn't know there was a conflict between us until I confronted her a year ago by saying that I didn't like the tension between us. We laid some ground rules, but those will not likely be met. Although our superficial relationship will remain, she now knows that she can't divide us.

This very informative book helps you understand family dynamics. It explains the difference between 'helpful in-laws' and 'that step too far in-laws' and gives strategies for forming boundaries and making the relationship pleasant for all involved. There is good discussion about toxic in-laws, those who have well and truly stepped over the line, and how to decide whether they are truly toxic or just have a different family culture. There are positive strategies for trying to salvage the relationship and excellent strategies to cut the bonds if that is necessary. The book is well written in an easy to digest format.

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