

# Audiobook But It's Your Family.: Cutting Ties with Toxic Family Members and Loving Yourself in the Aftermath by Sherrie Campbell

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By: Sherrie Campbell

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A psychologist offers a roadmap for those looking to break free of toxic family relationships and thrive in the aftermath. Toxic family abuse is always two-fold. The first layer of abuse is the original poor treatment by toxic family members, and the second is someone's denial of the ways in which abusers treat and harm them. Loving someone doesn't always mean having a relationship with them, just like forgiveness doesn't always mean reconciliation. A significant part of healing comes with accepting that there are some relationships that are so poisonous that they destroy one's ability to be healthy and function best. But It's Your Family is a remarkable account of what it means to cut ties to toxic family abuse and thrive in the aftermath. Inside, Dr. Sherrie Campbell clarifies how parents, adult children, siblings, grandparents, and in-laws can be toxic. The difference between flawed and toxic family members. Explaining the cutting of ties to children and others who may not understand. Spiritual and religious views on forgiveness. The definition of cutting ties and what No Contact actually means. When readers are able to bring closure to those toxic relationships, they give themselves the space to love those family members from a distance, as fellow human beings, with the knowledge that it is unwise to remain connected. Readers learn how to love themselves in the process and fundamentally change their lives for the better!

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