



Forgiving Our Parents: For Adult Children from Dysfunctional Families

Dwight Lee Wolter

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Everyone was raised by someone, & there are issues involving forgiveness in all families - issues like physical or emotional abuse, emotional numbness, neglect, alcohol or other substance abuse. With inspired literary talent & the insight of a survivor, Dwight Lee Walter offers a truly valuable book, a cornerstone to emotional health for anyone dealing with - or avoiding - forgiveness in family relationships. In his earlier book, *A Life Worth Waiting For!*, Walter, in startlingly honest vignettes, documents his recovery from a painful childhood in a dysfunctional family. Now, in *Forgiving Our Parents*, he extends the healing process to include virtually everyone as he explores aspects of family forgiveness, such as choosing a time to forgive & to express forgiveness, seeing beyond denial of pain to exactly what we are forgiving, holding others accountable, staying stuck in blame & anger refusing to forgive in order to punish our parents or because we fear our own rage, detaching from the family drama, forgiving ourselves, forgiving our children.

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