



# **I'm Still Your Mother: How to Get Along With Your Grown-Up Children for the Rest of Your Life**

*Jane Adams PhD*

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Jane Adams PhD

Is there life with your kids once you've raised them? How can you help them find their way - and when should you get out of it? What happens when the nest still isn't empty and you're afraid it never will be? How can you sustain a loving, mutual, authentic relationship when they're making choices or decisions you're certain are the wrong ones?

A best-selling author, psychologist and post-parenting coach distills the in-their-own-words wisdom of hundreds of "post-parents" on the issues that often divide the generations, and offers practical strategies to keep your family together even when distance or differences tug at the ties that bind: How to ease them out from under your roof to one of their own. When, how and how long to subsidize their over-extended adolescence. How to get along with their mates, be a great grandparent to their children, come to terms with their lifestyle and prepare both generations for the future, in this newly updated digital version by the author of "When Our Grown Kids Disappoint Us"

What Others Say About Jane Adams:

"Practical guidance on how, when and why parents should lovingly but firmly reclaim their own lives."  
Judith Viorst

"Warm, touching, wise - and practical. A lively and useful book on the uncharted territory of postparenthood." Edward M. Hallowell M.D.

"Witty and wise about problems that need a sense of humor and perspective. Jane Adams is my favorite guide to life's transitions. Pragmatic, dead honest, compassionate." Dr. Pepper Schwartz

"Should be required reading for every parent...she hits a nerve in this provocative, juicy, funny, and above all practical guide to the most challenging stage of parenting." Dr. Barbara Mackoff

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