Bibliography

They're Back: (Or they never left!) 


This book addresses the complicated issues that arise when formerly parent-child relationships become adult-adult ones. Topics include: establishing boundaries, realistic expectations, financial matters, parenting vs. friendship and "rules for living together successfully". A nice read, with great easy to follow and practical advice.

When Our Grown Kids Disappoint Us: Letting Go of their problems: Loving them anyway, and getting on with our lives, Jane Adams, Ph.D., 2003, Free Press, Simon and Schuster Inc.

A book for all parents and caregivers who did their best at parenting but found themselves humbled, saddened and sometimes shocked at the outcome. This insightful and comforting book offers practical guidance on how, when and why parents should lovingly but firmly learn to disconnect from their grown children and learn to reclaim their lives.

Boomerang Kids A revealing look at why so many of our children are failing on their own, and how parents can help, Carl Pickhardt, PhD., 2011 Sourcebooks

The author proposes his new approach to understanding young adulthood (ages 18-23) as trial independence. He provides greater insight into this "stage" of life. He shares the number of reasons why young adults return home and ways parents can work with them to regain full independence.

The Enabler: When helping hurts the ones you love, Angelyn Miller, MA, 2008, Wheatmark

Enabling does exist in families where there is no chemical dependency. The author shares her personal experience when she realizes that "helping"
wasn’t helping. She learned to alter the way she responded to family crises and general neediness. The book provides insights, practical techniques and hope. This helps to transform enabling relationships into healthy ones.


Newman investigates six countries and draws similarities and differences as to why *The Accordian Family* is occurring globally. She shares many examples of families and how they co-exist.


This important, faith-based book helps parents and grandparents of the many adult children who continue to make life painful for their loved ones.

Writing from firsthand experience, Allison identifies the lies that kept her, and ultimately her son in bondage--and how she overcame them. Additional real life stories from other parents are woven through the text.


Written for the young adult who is considering returning home or who has never left, this book explores the realities of needing and choosing to live with parents. Citing the real life stories of “boomerangers” with humor and insight, Furman explores the emotional and financial traps of delaying independence and provides reflective questions and exercises for young adults to consider on their journey.

*Generation WTF*, Christine B. Whelan, PhD, 2011, Templeton Press

Written by a young sociology professor, this is not an ordinary self help book for adults. This book gives examples, exercises and real world guidance to successfully navigate school, work and personal life in your twenties. It’s geared to college seniors and young adults just entering the job market. *Generation WTF* is more of an action manual full of tips, techniques and exercises that have been peer reviewed.