

# Cutting Loose - An Adult Guide To Coming To Terms With Your Parents By Howard Halpern

By Howard Halpern

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Jun 15, 2009 For many parents and their adult children, You can t just cut them off because it will make it harder, she says. Next Loose Change: 6/17/09;

<http://blogs.wsj.com/wallet/2009/06/16/how-to-cut-your-kids-off/>

## Replacing the Old Tapes in Our Head With New Ones -

Aug 04, 2012 On the first page of the book Cutting Loose: An Adult s Guide to Coming to Terms with Your Parents, by Howard Halpern (same guy who wrote How to

<http://psychcentral.com/blog/archives/2012/08/05/replacing-the-old-tapes-in-our-head-with-new-ones/>

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[http://www.solveyourproblem.com/artman/publish/article\\_210.shtml](http://www.solveyourproblem.com/artman/publish/article_210.shtml)

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Oct 27, 2012 Cutting Loose: An Adult's Guide to Coming to Terms with Your Parents Howard M. Halpern calls the interactions that develop between the inner child in

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<http://www.bikersadultrally.com/phpBB3/viewtopic.php?p=3989>

### **How to Break Your Addiction to a Person: Howard -**

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<http://www.amazon.ca/How-Break-Your-Addiction-Person/dp/0553382497>

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Howard M. Halpern received his Ph.D. in His previous books include Cutting Loose: An Adult Guide to Coming to Terms with Your Written by Howard Halpern Format

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With a minimum of psychological jargon, psychotherapist Halpern ( Cutting Loose: An Adult Guide to Coming to Terms with Your Parents ) here proffers advice on how to

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