

## Relationships with Your Parents

One of the responsibilities many people face in their later years of life is looking after one or more parents. Relationships between parents and their adult children are not always easy. Two excellent books that may help you with your relationship with your parent are:

[Coping with Your Difficult Older Parent](#) by: Grace Lebow and Barbara Kane

Though there's no medical definition for “difficult” parents, you know when you have one. While it's rare for adults to change their ways late in life, you can stop the vicious merry-go-round of anger, blame, guilt and frustration. Here's a common-sense guide from professionals, with more than two decades in the field, on how to smooth communications with a challenging parent. Filled with practical tips for handling contentious behaviors and sample dialogues for some of the most troubling situations, this book addresses many hard issues.

[Making Peace with Your Parents](#) by: Harold Bloomfield, MD

No matter how old you are and whether or not your parents are alive, you have to come to terms with them. This wise and practical book will show you how to deal with the most fundamental relationships in your life and, in the process, become the happy, creative, and fulfilled person you are meant to be.