



Secrets to Parenting Your Adult Child

MEd, LPC, Nancy Williams

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Parenting doesn't stop when the children grow up, and the nest doesn't always empty when or how parents thought it would. The role changes, but the sense of responsibility continues. Licensed counselor and life coach Nancy Williams draws from professional and personal experience, and also brings in the perspectives of young adults to guide readers in building healthy relationships with adult children. Her insight, encouragement, and advice will help readers navigate everything from prolonged adolescence and boundary struggles to disappointing choices our children make.

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