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Becoming Your Own Parent book. Read 3 reviews from the world's largest community for readers. Search the history of over 349 billion web pages on the Internet. Françoise Thouvenot, présidente de l'association d'adultes et de parents d'enfants DYS invitée de Bretagne Matin The solution is to become your own loving parent. As ACA becomes a safe place for you, you will find freedom to express all the hurts and fears you have kept inside and to free yourself from the shame and blame that are carryovers from the past. You will become an adult who is imprisoned no longer by childhood reactions. You will recover the child within you, learning to accept and love yourself., Becoming Your Own Parent The Solution For Adult Children Of.

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