



Family Secrets: What You Don't Know Can Hurt You

By John Bradshaw

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This work examines the family's mysterious power to affect our lives. The book explains how secrets are created, how they influence us, and the risks and benefits of exploring them. With the aid of a genogram, the book provides us with a step-by-step guide to uncovering the secrets of the past and present. There are many case studies which illustrate how we can recognize crucial gaps and silences, reconstruct missing information and decipher partial memories. The book provides advice on how to deal with the truths revealed and shows us ways to stay safely and honestly connected with our families.

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Editorial Review

From Publishers Weekly

Bradshaw (*Homecoming*) takes us on a revealing and sometimes frightening tour of the family's mysterious power over us and shows how we are influenced by its "toxic secrets," which run the gamut from "normal" problems, such as marital discord and emotional repression, to more damaging experiences, such as drug addiction and sexual abuse. Using the story of *The Wizard of Oz* as an analogy, Bradshaw explains why we must "leave home to find home." He then takes us on a journey through the "haunted forest" and shows, step by step, how to reimagine our families, draw family maps using a tool called a genogram to chart key relationships, and discover the dark secrets of our parents and ancestors-to help us understand what made our parents act as they did. Finally, we can "get back to Kansas" by finding and freeing ourselves from our own dark secrets while remaining connected to the family. An appendix discusses the paradoxical nature of memory. Important reading for anyone who has children or grew up with parents. Illustrations. Simultaneous release from BDD Audio.

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From Library Journal

The author who mapped our "inner children" now offers counsel on the dangers of closet-dwelling skeletons. Copyright 1995 Reed Business Information, Inc.

From [Booklist](#)

With a quarter-million-copy first printing, simultaneous audiobook release, and a new PBS series, self-help psychology guru Bradshaw returns with a vengeance. The subject of his multimedia barrage is the bad stuff family members hide from each other. These dark secrets, as Bradshaw calls them, range from relatively undamaging events concerning death, birth, and suffering to severely, even criminally harmful acts, including alcoholism, incest, and murder. In the book's three major parts, Bradshaw distinguishes healthy from unhealthy secrets, proffers a tool for self-ascertainment of family secrets, and counsels those who unearth dark secrets on what to do with their discoveries. In an appendix, he distinguishes the much-publicized phenomenon of repressed memory from false memory syndrome. The latter, he says, though vociferously advocated by those victimized by family members claiming to recall incest and other enormities, has not been clearly defined by clinicians. He does not, however, clearly indicate what clinicians like him mean when they say, as he does in "A Final Word of Caution," "The traumatic abuse of children by their guardians and relatives occurs with great frequency." What is "great frequency"? Is this a statement about Bradshaw's clientele, or is he asserting that American society is rife with interfamilial abuse? If the former, it's understandable; if the latter, many will condemn Bradshaw, not unjustifiably, for being an alarmist bent on aggrandizing his trade. *Ray Olson*

Users Review

From reader reviews:

Leon Moses:

Spent a free time for you to be fun activity to try and do! A lot of people spent their spare time with their family, or all their friends. Usually they carrying out activity like watching television, gonna beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you need to something different to

fill your own free time/ holiday? Might be reading a book could be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the guide untitled Family Secrets: What You Don't Know Can Hurt You can be very good book to read. May be it might be best activity to you.

Joyce Volz:

Reading can called brain hangout, why? Because if you are reading a book specifically book entitled Family Secrets: What You Don't Know Can Hurt You the mind will drift away trough every dimension, wandering in most aspect that maybe mysterious for but surely can be your mind friends. Imaging each word written in a book then become one form conclusion and explanation that will maybe you never get ahead of. The Family Secrets: What You Don't Know Can Hurt You giving you one more experience more than blown away your head but also giving you useful information for your better life within this era. So now let us show you the relaxing pattern this is your body and mind will probably be pleased when you are finished studying it, like winning a. Do you want to try this extraordinary spending spare time activity?

George Chadwick:

This Family Secrets: What You Don't Know Can Hurt You is great book for you because the content which is full of information for you who else always deal with world and have to make decision every minute. This particular book reveal it facts accurately using great organize word or we can state no rambling sentences within it. So if you are read that hurriedly you can have whole information in it. Doesn't mean it only provides you with straight forward sentences but tricky core information with splendid delivering sentences. Having Family Secrets: What You Don't Know Can Hurt You in your hand like obtaining the world in your arm, details in it is not ridiculous just one. We can say that no book that offer you world in ten or fifteen small right but this guide already do that. So , it is good reading book. Hey Mr. and Mrs. hectic do you still doubt which?

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