



An Adult Child's Guide to What's 'Normal'

John Friel, Linda D. Friel

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Do you know how to ask unwanted guests to leave?

In *An Adult Child's Guide to What's "Normal"*, John and Linda Friel have written a practical guide to living a healthy life. Your parents may not have been able to teach you social skills but it is not too late to learn them now. Read this guide and learn how to respond to the challenges, problems and traps that we are faced with daily.

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