



Family Secrets: What You Don't Know Can Hurt You by Bradshaw, John (1995) Hardcover

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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