



Toxic Mom Toolkit: Discovering a Happy Life Despite Toxic Parenting

Rayne Wolfe

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Toxic Mom Toolkit by Rayne Wolfe takes on super toxic mothers with humor, kindness and practical tools to help readers build a peaceful and happy life. The book includes Wolfe's memoir of growing up brave and scrappy in 1950's San Francisco, the daughter of three mothers: an absent birth mother, an abusive adopted mother and a wonderful step-mother. Coupled with her honest memoir, are mini-memoirs of women from all over the world, whose stories of growing up with toxic mothers shine light on the varied ways in which toxic parents can hurt, damage and undermine their children even into adulthood. There are helpful self-tests; positive affirmations and prompts; tools for contact and boundary setting; and lots and lots of wisdom wrapped in laughter. Toxic Mom Toolkit offers readers a starting point for the messy work of gaining perspective, setting boundaries, and breaking the cycle of toxic parenting. Join the Toxic Mom Toolkit community on Facebook.

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