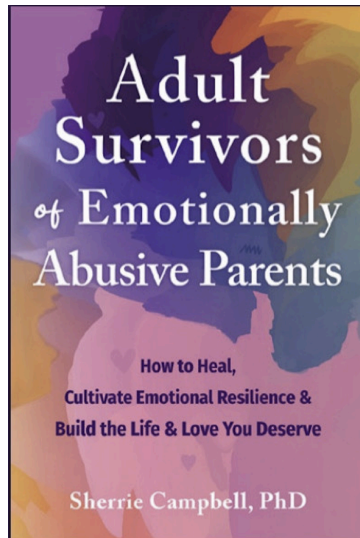


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**FOR IMMEDIATE RELEASE:** March 1, 2024



Yorba Linda, California  
**Expert on Family Estrangement, Dr. Sherrie Campbell,  
Offers Hope for Survivors of Emotionally Abusive Parents**

Dr. Sherrie Campbell's latest release, *Adult Survivors of Emotionally Abusive Parents, How to Heal, Cultivate Emotional Resilience & Build the Life & Love You Deserve* will be available on Friday, March 1, 2024. As a survivor of emotionally abusive parents, she addresses toxic and abusive family members and how to heal while navigating those biological relationships.

With this compassionate guide, the reader will gain a greater understanding of what happened in their past, transform deep pain into emotional resilience, and build the life that they deserve.

They'll also learn how to set boundaries, assert their needs, and overcome emotional avoidance to develop authentic and mutually respectful relationships with others. And, finally, they'll begin to understand that the pain they experienced growing up doesn't have to define them.

"With her trademark honesty, compassion, and insight, Sherrie Campbell reveals the features of emotionally abusive parents, and busts the societal myths that allow such behaviors to continue unchallenged." —Laura K. Connell, author of *It's Not Your Fault*

Book: [Adult Survivors of Emotionally Abusive Parents, How to Heal, Cultivate Emotional Resilience & Build the Life & Love You Deserve](#)

TEDx (TED Talk): [Not all Parents are Good](#)

Website: [Dr. Sherrie Campbell](#) [Instagram](#) [Facebook](#)

Podcast: [Shery Sessions: Cutting Toxic Family Ties](#)

Sherrie Campbell, PhD, is a licensed psychologist who specializes in helping healthy people cut ties with the toxic people in their lives. She is a nationally recognized expert on family estrangement, an inspirational speaker, a social media influencer, and author of *Adult Survivors of Toxic Family Members*. In addition, her podcast, *Shery Sessions: Cutting Toxic Family Ties*, ranks in the top 1% of all podcasts.

**For media or speaking inquiries:** [Dr. Sherrie Media & Speaking](#)