

Absent: How to Heal from Emotionally Toxic Parents

author: Olivia K. Rice

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Synopsis

author	Olivia K. Rice
readBy	Janna L Cardia
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Do you feel like your relationship with your parents is always bringing you down? Do they blame you for their problems, for being a thorn in their shoes, always endeavoring to make you feel like the most massive burden they've ever had to carry?

Do they want to control all aspects of your life, continually being dissatisfied with the choices you make?

Do they tend to humiliate and manipulate you, making you feel like nothing you do is good enough, that none of your efforts pay off, all while making themselves out to be exceptionally gifted and talented?

Abusive parents tend to share common traits - they are constantly negatively reactive, lack empathy, are extremely controlling, always critical, and continuously transfer blame to you.

If your parent ticks any of those boxes, then you are likely already aware of who and what you're dealing with. But from here on, things can only get better if you let them.

In *Absent*, you will discover:

- How to tend to your inner child, and give them the care and compassion they have always been longing for
- The art of letting go as a way to empower you on your healing journey
- The importance of self-compassion and how to effectively practice it to stop all forms of self-blame for things you never had any control over
- Why freeing yourself from anger and resentment will help you to understand your parent's behavior

And much more.

It's time to stop suffering from the consequences of past events you never even had control over, remove yourself from the fog that's been blinding your whole being, and step into a burden-free life.

If you're ready to explore the deepest and darkest parts of your childhood and come out empowered, then scroll up and get this audiobook today.

Reader's comments

comment 1: Emily Thompson

Absent: How to Heal from Emotionally Toxic Parents by Olivia K. Rice is a profound exploration into the complex dynamics of emotionally distant parenting. Rice delves into the emotional scars left by such relationships and offers a compassionate guide to healing. The book stands out for its empathetic approach and practical advice, making it accessible to readers who may feel trapped in the shadows of their upbringing. Rice's insights are drawn from both personal experiences and extensive research, offering a balanced perspective that is both relatable and authoritative. What I particularly appreciated was the emphasis on self-compassion and the step-by-step strategies for building healthier emotional boundaries. The exercises included are thought-provoking and designed to empower readers to reclaim their emotional well-being. While the subject matter is heavy, Rice's writing is hopeful and encouraging, providing a sense of companionship to those on their healing journey. Overall, Absent is a valuable resource for anyone seeking to understand and heal from the wounds of emotionally toxic parenting. It is a reminder that healing is possible and that one can create a fulfilling life despite past challenges.

â€” Emily Thompson (2026-05-30 18:06:33)