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Emptying the Nest: Launching Your Young Adult toward Success and Self-Reliance

Brad Sachs. Ph.D.

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In today's rapidly changing world and challenging economy, young adults increasingly find themselves at a crossroads between financial and emotional dependence and autonomy. Drawing on Dr. Sachs' extensive clinical experience and his illuminating discussion of the latest psychological research, *Emptying the Nest* will support parents in their efforts to cultivate their young adult's success and self-reliance while simultaneously maintaining healthy family relationships. Parents will:

- understand the family dynamics that either impede or nurture self-sufficiency;
- foster a higher degree of academic, professional, and fiscal responsibility;
- effectively encourage young adults to establish realistic goals and create a meaningful vision for their future;
- learn how to gradually let go, so that young adults discover how to resolve their own problems.

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