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## Favorite Child or Black Sheep?

Free yourself of unbalanced family dynamics

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Favorite child or black sheep: the latest taboo in dysfunctional family dynamics.

*Favorite Child or Black Sheep?* is for adults who continue to either suffer or benefit from the parental preferences that they experienced as children, but it is also for parents who hope to avoid such dysfunctional dynamics.

This book is all about one of society's latest taboos: the fact that, as a parent, you are "not allowed" to prefer one of your children over the other(s). Similarly, anything short of adoring your siblings is viewed in a negative light, as is jealousy. As a result, we never talk about it – to the detriment of all!