

The Emotionally Absent Mother How To Overcome Your Childhood Neglect When You Dont Know Where To Start Meditations And Affirmations To Help You Overcome Childhood Neglect

Every woman longs to be a good mother. But what about those women who grew up “undermothered”—whose own mothers were well-meaning but unavailable, absent, distracted, or depressed? How are they to become the good mothers they aspire to be? In this beautifully articulate book, Kathryn Black, whose own mother’s early death inspired her award-winning *In the Shadow of Polio*, offers affirming news: One doesn’t have to have had a good mother to become one. Probing for answers from experts in psychiatry and psychoanalysis, social work, biology, and other disciplines, Black reveals that there are other paths to discovering the good mother within. This moving and powerful book shows how “wounded daughters” can become “healing mothers” who give their own children a legacy of security, happiness, and love. On the web: <http://www.motheringwithoutamap.com>

Every child needs loving connections with others in order to grow into a healthy, happy and well-functioning adult. Here Is A Preview Of What You'll learn... -What exactly is an Emotionally Absent Mother? -Describes the symptoms of emotional abandonment. -Recognize Why Your Mother Was Emotionally Absent. -How to Forgive Your Mother and Forgive Yourself -How to Face Feelings of Anger, Resentment and Hurt -How to Separate Past Emotions from Your Current Situation -Much, much more

The groundbreaking guide to self-healing and getting the love you missed. Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can’t quite put a finger on what’s missing from their lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting, harmful effects. Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering. In this second edition of her pioneering book, with compassion for mother and child alike, she explains: Possible reasons your mother was distracted or hurtful—and what she was unable to give The lasting impact of childhood emotional neglect and abuse How to find the child inside you and fill the “mother gap” through reflections and exercises How to secure a happier future for yourself (and perhaps for your children)

Do you feel you lost your childhood because your parents weren’t ready to emotionally take care of a child? Have you ever feel like you always have been the adult in your child-parent relationship? Did you have to deal with self centered parents who neglected your needs? All you ever wanted was parents who listen to your stories, welcome you with open arms and tell you how much they love you, no matter what you do. Instead you walked around on eggshells making sure none of your actions would upset or irritate your parents. No matter how much effort you put into getting your parents attention, you couldn’t overcome the imaginary wall they built around themselves. Even if you experienced anger, you suppressed this feeling or even worse, you turned the anger against yourself and blame yourself for your parents’ behavior. The older you got, the more you started to suffer from the effects of your childhood. By now you are a grown-up, but you still live with the scars of your past. Some of the most common coping mechanisms are living an isolated life, suffering from anxieties or being stuck in dysfunctional and abusive relationships. Many people grow up with emotionally immature parents. They all behave slightly different but one thing the #1 thing they have in common is, they don't accept their parent role. You can’t change your past but you can change your future. Author and expert, Priscilla Posey knows, dealing with emotionally immature parents can be tough, especially if you don’t have anyone who supports you. Growing up dysfunctional child-parent relationship, Priscilla knows how it feels to suffer from the emotional baggage that is not supposed to be yours. Priscilla healed from her childhood trauma and became the self-confident person she was born to be. Now she wants to help others to achieve the same fulfilling life. Once you understand the root of your problem, you can create the happy life you deserve. In "Dealing With Emotionally Immature Parents", you’ll discover: 7 signs of emotional immaturity to recognize emotional vampires instantly 4 types of emotionally immature parents and which one you can relate to the most 4 steps to heal from your dysfunctional child-parent relationship How a lost childhood shapes the person you have become If you are the perfectionist, the empath or the people pleaser and what your behavior says about your personality How to avoid and let go of other toxic relationships in your life Why you feel like a chameleon without identity and how to discover your true self Practical exercises to take care of yourself and your self healing journey How to become a good parent for your own child And much more. You don’t have to fully let go of your parents. Yet, you have to learn how to separate the person you love from the actions that hurt you. It is hard to take action and strive for a fulfilling life if you just hit rock bottom. For such a long time you tried to change the people around you or fix the toxic relationships you have been stuck in for so many years. Now it is the right time to start healing yourself instead of taking care of others. If you are sick of the person you’ve become and you don’t even know who you are anymore then it is time to finally detach from your past and start the journey to yourself. Following Priscilla’s self-healing strategies will empower you to step out of your misery and right into happiness. If you are ready to invest in yourself and your happiness, then claim your copy now!

Sure to become a classic on female empowerment, a groundbreaking exploration of the personal, cultural, and global implications of intergenerational trauma created by patriarchy, how it is passed down from mothers to daughters, and how we can break this destructive cycle. Why do women keep themselves small and quiet? Why do they hold back professionally and personally? What fuels the uncertainty and lack of confidence so many women often feel? In this paradigm-shifting book, leading feminist thinker Bethany Webster identifies the source of women’s trauma. She calls it the Mother Wound—the systemic disenfranchisement of women by the patriarchy—and reveals how this cycle is perpetuated by wounded mothers who unconsciously pass on damaging beliefs and behaviors to their daughters. In her workshops, online courses, and talks, Webster has helped countless women re-examine their lives and their relationships with their mothers, giving them the vocabulary to voice their pain, and encouraging them to share their experiences. In this manifesto and self-help guide, she offers practical tools for identifying the manifestations of the Mother Wound in our daily life and strategies we can use to heal ourselves and prevent our daughters from enduring the same pain. In addition, she offers step-by-step advice on how to reconnect with our inner child, grieve the mother we didn’t have, stop people-pleasing, and, ultimately, transform our heartache and anger into healing and self-love. Revealing how women are affected by the Mother Wound, even if they don’t personally identify as survivors, *Discovering the Inner Mother* revolutionizes how we view mother-daughter relationships and gives us the inspiration and guidance we need to improve our lives and ultimately create a more equitable society for all.

Everyone makes mistakes in relationships at one time or another. Sometimes they learn from those mistakes. Other times, they return to those behaviors and cycle through failed relationship after failed relationship. Sometimes those behaviors become an addiction to love that may leave a person feeling unhappy, unfulfilled, lonely, or worse. *Lesbian Love Addiction: Understanding the Urge to Merge and How to Heal When Things go Wrong* makes visible the elements of love addiction that many lesbians suffer from. Love addiction for lesbians comes in many forms. Some struggle by sexually acting out and others are serial relationship junkies, jumping from one relationship into the next. Some are addicted to the high of falling in love and once that wears off don’t know how to handle the day-to-day realities of a committed relationship. Some are even addicted to fantasy and intrigue, while others are love avoidants and sexual anorexics. Love avoidants may be able to get into a relationship but once they are fully committed, struggle with feeling smothered. Others may avoid intimate or sexual relationships all together, becoming sexually anorexic. Some may even vacillate between all of these. The underlying

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component and common denominator in all of these scenarios is the "Urge to Merge." Lesbian Love Addiction is designed to help ameliorate at least part of this problem. Lauren D. Costine offers insight for lesbians, bisexual women in relationships with women, queer women, and more specifically, any woman who loves women, as well as their family and friends, and health care professionals, into the psychology of lesbian love addiction. It will give those who struggle with and suffer from love addiction ways to understand, cope, and heal from this debilitating addiction. It will give those who work with this population new tools to use to do this more effectively. Mostly, it will help lesbians understand their relationship failures and how to heal from problems associated with them, so they may grow and cultivate happier, more fulfilling connections in the future.

A unique Bible study course incorporating biblical truth, personal insights, emotional responses, and a call to action.

Transform Your Relationship With Your Mother If you liked Melody Beattie's Codependent No More or Henry Cloud's Boundaries, you'll love Difficult Mothers, Adult Daughters Difficult mother? The best news on the planet is that your mother doesn't have to change in order for you to be happy. In fact, author Karen C.L. Anderson will take it a step further and say, your difficult mother doesn't have to change in order for you to be free, peaceful, content, and joyful. Narcissistic mother? You can emotionally separate without guilt. Inspired by her own journey, Anderson's Difficult Mothers, Adult Daughters shows women how to emotionally separate from their difficult mothers without guilt and anxiety, so they can finally create a life based on their own values, desires, needs, and preferences. Learn through the experiences of others: The book is filled with personal stories and experiences, practical tools, and journal prompts that can be used now to feel better. Anderson compassionately leads women struggling in their relationships with their difficult mothers through a process of self-awareness and understanding. Karen's experience with hundreds of women has resulted in cases of profound growth and transformation. Funny and compassionate: This book is about Karen discovering and accepting the whole of who she is (separate from her mother), and making her discoveries accessible to women struggling to redefine their challenging relationships with their mothers. Her writing is relatable, real, funny, and compassionate. What you'll learn inside this book: Why mothers and daughters can have difficult relationships How to heal and transform your mother "wounds" How to tell your stories in a way that empowers How to handle the uncomfortable emotions that seem inevitable The art of creating, articulating, and maintaining impeccable boundaries How to stop "shouldering" How to "re-mother" yourself and acknowledge, honor, and meet your needs

*****LIMITED TIME OFFER***** Emotional Absent Mother- How to overcome Childhood Neglect When You Don't know Where To Start! *****3rd EDITION***** "The Emotionally Absent Mother" is a practical guide to understanding and working out the pain of being emotionally abandoned as a child. Insightful explanations offer new perspectives on old problems. The exercises in the book can direct you through your emotional numbness or distress and into a brighter future. The book describes how the trauma of emotional abuse can get started. It lists and describes the symptoms of emotional abandonment. In later chapters, the book tells you what to do about it now that you are an adult and offers not only hope, but a method to reach the goals of becoming emotionally connected with others in a healthier way and becoming freer and more independent. It belongs on the "to-be-read" list of adults who still suffers the pain of being an emotionally abandoned child, as well as those who care about them. Here Is A Preview Of What You'll learn: What exactly is an Emotionally Absent Mother? Describes the symptoms of emotional abandonment. Recognize Why Your Mother Was Emotionally Absent. How to Forgive Your Mother and Forgive Yourself How to Face Feelings of Anger, Resentment and Hurt How to Separate Past Emotions from Your Current Situation Much, much more
A resource for daughters of mothers with narcissistic personality disorder explains how to manage feelings of inadequacy and abandonment in the face of inappropriate maternal expectations and conditional love, in a step-by-step guide that shares recommendations for creating a personalized program for self-protection and recovery. 50,000 first printing. "Opens doors to richer, more connected relationships by naming the elephant in the room 'Childhood Emotional Neglect.'" (Harville Hendrix, PhD & Helen Lakelly Hunt, PhD, authors of the New York Times bestseller Getting the Love You Want). Since the publication of Running on Empty: Overcome Your Childhood Emotional Neglect, many thousands of people have learned that invisible Childhood Emotional Neglect, or CEN, has been weighing on them their entire lives, and are now in the process of recovery. Running on Empty No More: Transform Your Relationships will offer even more solutions for the effects of CEN on people's lives: how to talk about CEN, and heal it, in relationships with partners, parents, and children. "Filled with examples of well-meaning people struggling in their relationships, Jonice Webb not only illustrates what's missing between adults and their parents, husbands, and their wives, and parents and their children; she also explains exactly what to do about it." —Terry Real, internationally recognized family therapist, speaker and author, Good Morning America, The Today Show, 20/20, Oprah, and The New York Times "You will find practical solutions for everyday life to heal yourself and your relationships. This is a terrific new resource that I will be recommending to many clients now and in the future!" —Dr. Karyl McBride, author of Will I Ever Be Good Enough?

BONUS: This edition contains an excerpt from Dr. Susan Forward's Men Who Hate Women and the Women Who Love Them. When you were a child... Did your parents tell you were bad or worthless? Did your parents use physical pain to discipline you? Did you have to take care of your parents because of their problems? Were you frightened of your parents? Did your parents do anything to you that had to be kept secret? Now that you are an adult... Do your parents still treat you as if you were a child? Do you have intense emotional or physical reactions after spending time with your parents? Do your parents control you with threats or guilt? Do they manipulate you with money? Do you feel that no matter what you do, it's never good enough for your parents? In this remarkable self-help guide, Dr. Susan Forward drawn on case histories and the real-life voices of adult children of toxic parents to help you free yourself from the frustrating patterns of your relationship with your parents -- and discover an exciting new world of self-confidence, inner strength, and emotional independence.

You look around the house and everything seems foreign. Without love, it feels like you are on somebody else's turf. Like you are just a visitor eventually your time will come to leave. At least that's what it felt like for me. I felt like I was continually a broken version of whatever I was supposed to be. I couldn't figure out if it was my looks, or my school grades, or maybe because I didn't play sports like my brothers. I looked for an answer everywhere to try and explain why Dad just didn't do anything with me. I'm writing this now

to you, regardless of whether you are a man or a woman, to tell you that you no longer need to let somebody that is emotionally unavailable continue to control your own emotional wellbeing. There is a way. It wasn't easy for me, but I certainly poured many hours, and a lot of money out to counselors, as I tried to make my way through the source of why I was having so many personal problems. I am happy to say that I have never been filled with so much light and levity as I am now. My days are filled with joy, abundance, and contentment. Sure, there are still times that I start to begin to wallow in my druthers. But that's exactly when I remember to follow my own advice. In this book, I will walk you through it.

Make every moment with your child count. Tap into the psychology behind your child's behavior at every stage of development, and respond with confidence. Find out what your child really means when he says "Look what I did", "But I'm not tired," or "You're embarrassing me," and discover what's really going on when he can't express himself at all. Using more than 100 everyday scenarios, the book leads you through each one step by step, explaining not only your child's behavior and the psychology behind it but also your own feelings as a parent. It then gives instant recommendations for what you could say and do in response to best resolve the situation. Covering all your child's developmental milestones from ages 2 to 7 years, *What's My Child Thinking?* covers important issues, such as temper tantrums, friendships (real and imaginary), sibling rivalry, aggressive behavior, and peer pressure. There's also a bank of practical "survival guides" for critical times, such as traveling in the car, eating out, and going online safely. Rooted in evidence-based clinical psychology and championing positive parenting, *What's My Child Thinking?* will help you tune in to your child's innermost thoughts and be the parent you want to be.

Poisonous Parenting shows readers how to recognize the effects of negative parenting and strategies for helping adult children who are suffering from toxic attitudes and behaviors. Readers will learn when to try to save the relationship, when to proceed with caution, and when to disconnect in order to keep the poison from spreading.

Real solutions to a hidden epidemic: family estrangement. Estrangement from a family member is one of the most painful life experiences. It is devastating not only to the individuals directly involved--collateral damage can extend upward, downward, and across generations, More than 65 million Americans suffer such rifts, yet little guidance exists on how to cope with and overcome them. In this book, Karl Pillemer combines the advice of people who have successfully reconciled with powerful insights from social science research. The result is a unique guide to mending fractured families. *Fault Lines* shares for the first time findings from Dr. Pillemer's ten-year groundbreaking Cornell Reconciliation Project, based on the first national survey on estrangement; rich, in-depth interviews with hundreds of people who have experienced it; and insights from leading family researchers and therapists. He assures people who are estranged, and those who care about them, that they are not alone and that fissures can be bridged. Through the wisdom of people who have "been there," *Fault Lines* shows how healing is possible through clear steps that people can use right away in their own families. It addresses such questions as: How do rifts begin? What makes estrangement so painful? Why is it so often triggered by a single event? Are you ready to reconcile? How can you overcome past hurts to build a new future with a relative? Tackling a subject that is aching familiar to almost everyone, especially in an era when powerful outside forces such as technology and mobility are lessening family cohesion, Dr. Pillemer combines dramatic stories, science-based guidance, and practical repair tools to help people find the path to reconciliation.

A licensed marriage and family therapist and YouTube personality, Kati Morton answers the most commonly asked questions about mental health, including when to get help and where to find it. Get answers to your most common questions about mental health and mental illness -- including anxiety, depression, bipolar and eating disorders, and more. *Are u ok?* walks readers through the most common questions about mental health and the process of getting help -- from finding the best therapist to navigating harmful and toxic relationships and everything in between. In the same down-to-earth, friendly tone that makes her videos so popular, licensed marriage and family therapist and YouTube sensation Kati Morton clarifies and destigmatizes the struggles so many of us go through and encourages readers to reach out for help.

Life for you hasn't been easy. You are currently in a relationship that is doing more harm than good, and are working a job that you never seem to be able to execute perfectly. While others are enjoying life in all of its fullness, you feel like you are in a rat race that gets more competitive by the minute. "What is my problem," you ask. "Why can't I just sit back and enjoy life?" Blame it on your mother. That's right! Your mom and her emotional absence has a lot to do with your current state in life. *Emotionally Absent Mothers* will delve into your mother's apathy, and why such lack of compassion may not be her fault. This book will also help you find ways to cope with the pain that you suffered as a child, as well as look past the scars to see a better future.

Download: *The Emotionally Absent Mother Overcome Childhood Emotional Neglect And Begin To Heal Yourself You'll Learn... What is Emotional Absence? Mom Wasn't There... Deal With It Try Forgiveness Let the Past Stay There Embrace the Future Would You Like To Know More?* Download your copy today! Scroll back up to the top and select the "BUY" button

A powerful look at the importance of a mother's presence in the first years of life **Featured in *The Wall Street Journal*, and seen on *Good Morning America*, *Fox & Friends*, and *CBS New York*** In this important and empowering book, veteran psychoanalyst Erica Komisar explains why a mother's emotional and physical presence in her child's life--especially during the first three years--gives the child a greater chance of growing up emotionally healthy, happy, secure, and resilient. In other words, when it comes to connecting with your baby or toddler, more is more. Compassionate and balanced, and focusing on the emotional health of children and moms alike, this book shows parents how to give their little ones the best chance for developing into healthy and loving adults. Based on more than two decades of clinical work, established psychoanalytic theory, and the most cutting-edge neurobiological research on caregiving, attachment, and brain development, *Being There* explains:

- How to establish emotional connection with a newborn or young child--regardless of whether you're able to work part-time or stay home
- How to ease transitions to minimize stress for your baby or toddler
- How to select and train quality childcare
- What's true and false about widely held beliefs like "I'm not good with babies" and

“I’ll make up for it when he’s older” • How to recognize and combat feelings of postpartum depression or boredom • Why three months of maternity leave is not long enough--and how parents can take control of their choices to provide for their family's emotional needs in the first three years Being a new mom isn't easy. But with support, emotional awareness, and coping skills, it can be the most magical—and essential—work we'll ever do.

From the author of the self-help hit, *Adult Children of Emotionally Immature Parents*, this essential guide offers daily, practical ways to help you heal the invisible wounds caused by immature parents, nurture self-awareness, trust your emotions, improve relationships, and stop putting others' needs ahead of your own. If you grew up with an emotionally immature, unavailable, or selfish parent, you probably still struggle with anger, sadness, resentment, or shame. As a child, your emotional needs were not met, your feelings were dismissed, and you likely took on adult levels of responsibility in an effort to compensate for your parent's behavior. Somewhere along the way, you lost your sense of self. And without this strong sense of self, you may feel like your own well-being isn't valuable. In this compassionate guide—written just for you, not them—you'll find tips and tools to help you set boundaries with others, honor and validate your emotions, and thrive in the face of life's challenges. You'll discover how to protect yourself from hurtful behavior, stop making excuses for others' limitations, forge healthier relationships, and feel more confident in your life. Most importantly, you'll learn how to stop putting others' needs before your own, and manage daily stressors with competence, clarity, and optimism. Self-care means honoring and respecting the self. But when you grow up with emotionally immature parents, you are taught that setting limits is selfish and uncaring. You are taught to seek approval instead of authenticity in relationships. And you are taught that empathy and emotional awareness are liabilities, rather than assets. But there's another way to go through life—one in which you can take care of yourself, first and foremost. Let this book guide you toward a new way of being.

Do you think your parent might be toxic? Do you feel like you are living with the consequences of bad parenting? Does your parent still treat you badly even though you are an adult? In this breakthrough book, clinical psychologist Karen Hart exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents' emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you'll learn how to create positive, new relationships so you can build a better life. THE PARENTAL IMMATURE PERSONALITY DISORDER IN PARENT WHAT IS EMOTIONAL ABUSE? EFFECTS ON CHILDREN DEPRESSION IN CHILDHOOD IDEAS TO HELP A DEPRESSED CHILD FEEL BETTER

As you prepare to become a mother, you face an experience unlike any other in your life. Having a baby will redirect your preferences and pleasures and, most likely, will realign some of your values. As you undergo this unique psychological transformation, you will be guided by new hopes, fears, and priorities. In a most startling way, having a child will influence all of your closest relationships and redefine your role in your family's history. The charting of this remarkable, new realm is the subject of this compelling book. Renowned psychiatrist Daniel N. Stern has joined forces with pediatrician and child psychiatrist Nadia Bruschiweiler-Stern and journalist Alison Freeland to paint a wonderfully evocative picture of the psychology of motherhood. At the heart of *The Birth of a Mother* is an arresting premise: Just as a baby develops physically in utero and after birth, so a mother is born psychologically in the many months that precede and follow the birth of her baby. The recognition of this inner transformation emerges from hundreds of interviews with new mothers and decades of clinical experience. Filled with revealing case studies and personal comments from women who have shared this experience, this book will serve as an invaluable sourcebook for new mothers, validating the often confusing emotions that accompany the development of this new identity. In addition to providing insight into the unique state of motherhood, the authors touch on related topics such as going back to work, fatherhood, adoption, and premature birth. During pregnancy, mothers-to-be talk about morning sickness and their changing bodies, and new mothers talk about their exhaustion, the benefits of nursing or bottle-feeding, and the dilemma of whether or when they should return to work. And yet, they can be strangely mute about the dramatic and often overwhelming changes going on in their inner lives. Finally, with *The Birth of a Mother*, these powerful feelings are eloquently put into words.

A large segment of the population struggles with feelings of being detached from themselves and their loved ones. They feel flawed, and blame themselves. *Running on Empty* will help them realize that they're suffering not because of something that happened to them in childhood, but because of something that didn't happen. It's the white space in their family picture, the background rather than the foreground. This will be the first self-help book to bring this invisible force to light, educate people about it, and teach them how to overcome it.

Growing Up Again offers guidance on providing children with the structure and nurturing that are so critical to their healthy development -- and to our own. As time-tested as it is timely, the expert advice in *Growing Up Again Second Edition* has helped thousands of readers improve on their parenting practices. Now, substantially revised and expanded, *Growing Up Again* offers further guidance on providing children with the structure and nurturing that are so critical to their healthy development -- and to our own. Jean Illsley Clarke and Connie Dawson provide the information every adult caring for children should know -- about ages and stages of development, ways to nurture our children and ourselves, and tools for personal and family growth. This new edition also addresses the special demands of parenting adopted children and the problem of overindulgence; a recognition and exploration of prenatal life and our final days as unique life stages; new examples of nurturing, structuring, and discounting, as well as concise ways to identify them; help for handling parenting conflicts in blended families, and guidelines on supporting children's spiritual growth. About the Authors: Jean Illsley Clarke is a parent educator, teacher trainer, the author of *Self-Esteem: A Family Affair*, and co-author of the *Help! for Parents* series. She is a popular international lecturer and workshop presenter on the topics of self-esteem, parenting, family dynamics, and adult children of alcoholics. Clarke resides in Plymouth, Minnesota. Connie Dawson is a consultant and lecturer who works with adults who work with kids. A former teacher, she trains youth workers to identify and help young people who are at risk. Dawson lives in Evergreen, Colorado.

If you grew up with an emotionally immature, unavailable, or selfish parent, you may have lingering feelings of anger, loneliness, betrayal, or abandonment. You may recall your childhood as a time when your emotional needs were not met, when your feelings were dismissed, or when you took on adult levels of responsibility in an effort to compensate for your parent's behavior. These wounds can be healed, and you can move forward in your life. In this breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how

these parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents' emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you'll learn how to create positive, new relationships so you can build a better life. Discover the four types of difficult parents: The emotional parent instills feelings of instability and anxiety The driven parent stays busy trying to perfect everything and everyone The passive parent avoids dealing with anything upsetting The rejecting parent is withdrawn, dismissive, and derogatory

A moving, elegantly written, and exhaustively researched account of what it means for a girl to lose a father to death or divorce—with advice for fatherless daughters on how to cope. “People who lose their parents early in life are like fellow war veterans. As soon as they discover that they are talking to someone else who has lost a parent, they know they are speaking the same language without uttering a word.” Pamela Thomas gives voice to this unspoken pain in *Fatherless Daughters*. Still haunted by her own father's death when she was ten, Thomas decided to explore its effects. Though her journey began as a personal one, she soon felt the need to hear from other women and ended up interviewing more than one hundred fatherless women. They ranged in age from nineteen to ninety-four; they came from all areas of the country as well as Europe and Asia; some had lost their fathers to death, others to divorce or abandonment. Each account was unique, but the impact of a father's loss was profound in every woman's life. Thomas begins by defining what it means to be a father in our world. She discusses the initial shock of his loss, exploring the aspects that color how a young girl experiences it: her age at the time of her father's death or abandonment, her mother's behavior and attitudes, her place in the family vis-à-vis siblings, and the influence of a stepfather or father-surrogates. Thomas shows how a father's early death or abandonment affects a woman's emotional health and self-esteem, her body image, her sexual experiences, her marriage, her family life, and her career. Perhaps most important, Thomas offers compassionate advice for coming to terms with father loss, even late in life, from actively mourning, to healing, to starting fresh.

Was your mother too busy, too tired, or too checked-out to provide you with the nurturing you needed as a child? Men and women who were “undermothered” as children often struggle with intimate relationships, in part because of their unmet need for maternal care. *The Emotionally Absent Mother* will help you understand what was missing from your childhood, how this relates to your mother's own history, and how you can fill the “mother gap” by: Examining the past with compassion for yourself and your mother Finding the child inside of you and learning to mother yourself Opening to the archetype of the Good Mother Allowing friends and loved ones to provide support, guidance, and other elements of good mothering that you missed Through reflections, exercises, and clear explanations, psychotherapist Jasmin Lee Cori helps adult sons and daughters heal the wounds left by mothers who failed to provide the essential ingredients that every child needs. She traces perceived personal “defects” back to mothering deficits, relieving self-blame. And, by teaching today's undermothered adults to cultivate the mothering they missed, she helps them secure a happier future—for themselves and their children. Dear Reader, I have written this workbook for you to use as a guide on how to drop anchor when life, and the world around you, gets too daunting. It's filled with exercises and information for when you're suddenly forced to confront the hard truths or as I like to call them the BIG SIX realities – difficult emotions, uncertainty, loneliness, change, dissatisfaction and death. It isn't just about how to get through a pandemic... Or the post-pandemic fall-out. It is a WAKE UP call. One that will increase your awareness of every moment through mindfulness. So SCRIBBLE in it. DOODLE in it. Take it EVERYWHERE. No one is going to see what's inside but you. This is not just another self-help book. Think of it as an evolve-yourself book. I do hope it helps you hold the rudder straight, no matter how turbulent the waves, and that you come out the other end buoyant, with a new appreciation for the privilege of life. Love RUBY x

In this important sequel to *Adult Children of Emotionally Immature Parents*, author Lindsay Gibson offers powerful tools to help you step back and protect yourself at the first sign of an emotional takeover, make sure your emotions and needs are respected, and break free from the coercive control of emotionally immature parents. Growing up with emotionally immature (EI) parents can leave you feeling lonely and neglected. You may have trouble setting limits and expressing your feelings. And you may even be more susceptible to other emotionally immature people as you establish adult relationships. In addition, as your parents become older, they may still treat your emotions with mockery and contempt, be dismissive and discounting of your reality, and try to control and diminish your sense of emotional autonomy and freedom of thought. In short, EIs can be self-absorbed, inconsistent, and contradictory. So, how can you recover from their toxic behavior? Drawing on the success of her popular self-help book, *Adult Children of Emotionally Immature Parents*, author Lindsay Gibson offers yet another essential resource. With this follow-up guide, you'll learn practical skills to help you recognize the signs of an EI, protect yourself against an emotional takeover, reconnect with your own emotions and needs, and gain emotional autonomy in all your relationships. This is a how-to book, with doable exercises and active tips and suggestions for what to say and do to increase emotional autonomy and self-awareness. If you're ready to stop putting your own needs last, clear the clutter of self-doubt, and move beyond the fear of judgment and punishment that's been instilled in you by emotionally immature parents, this book will help you find the freedom to finally live your life your way.

Describes the five different types of difficult mothers, explains how adults can still suffer from negative relationships with their mothers, and how people can overcome the challenges of their complex feelings. Drawn from research and the real-life experiences of adult daughters, *Mean Mothers* illuminates one of the last cultural taboos: what happens when a woman does not or cannot love her own daughter. Peg Streep, co-author of the highly acclaimed *Girl in the Mirror*, has subtitled this important, eye-opening exploration of the darker side of maternal behavior, “Overcoming the Legacy of Hurt.” There are no psychopathic child abusers in *Mean Mothers*. Instead, this essential volume focuses on the more subtle forms of psychological damage inflicted by mothers on their unappreciated daughters—and offers help and support to those women who were forced to suffer a parent's cruelty and neglect.

With Mothers Who Can't Love: A Healing Guide for Daughters, Susan Forward, Ph.D., author of the smash #1 bestseller *Toxic Parents*, offers a powerful look at the devastating impact unloving mothers have on their daughters—and provides clear, effective techniques for overcoming that painful legacy. In more than 35 years as a therapist, Forward has worked with large numbers of women struggling to escape the emotional damage inflicted by the women who raised them. Subjected to years of criticism, competition, role-reversal, smothering control, emotional neglect and abuse, these women are plagued by anxiety and depression, relationship problems, lack of confidence and difficulties with trust. They doubt their worth, and even their ability to love. Forward examines the Narcissistic Mother, the Competitive Mother, the Overly Enmeshed mother, the Control Freak, Mothers who need Mothering, and mothers who abuse or fail to protect their daughters from abuse. Filled with compelling case histories, *Mothers Who Can't Love* outlines the self-help techniques Forward has developed to transform the lives of her clients, showing women how to overcome the pain of childhood and how to act in their own best interests. Warm and compassionate, *Mothers Who Can't Love* offers daughters the emotional support and tools they need to heal themselves and rebuild their confidence and self-respect.

The first love in our lives is our mother. Recognizing her face, her voice, the meaning of her moods, and her facial expressions is crucial to survival. Dr. Christine Ann Lawson vividly describes how mothers who suffer from borderline personality disorder produce children who may flounder in life even as adults, futilely struggling to reach the safety of a parental harbor, unable to recognize that their borderline parent lacks a pier, or even a discernible shore. Four character profiles describe different symptom clusters that include the waif mother, the hermit mother, the queen mother, and the witch. Children of borderlines are at risk for developing this complex and devastating personality disorder

themselves. Dr. Lawson's recommendations for prevention include empathic understanding of the borderline mother and early intervention with her children to ground them in reality and counteract the often dangerous effects of living with a "make-believe" mother. Some readers may recognize their mothers as well as themselves in this book. They will also find specific suggestions for creating healthier relationships. Addressing the adult children of borderlines and the therapists who work with them, Dr. Lawson shows how to care for the waif without rescuing her, to attend to the hermit without feeding her fear, to love the queen without becoming her subject, and to live with the witch without becoming her victim. A Jason Aronson Book

What the kid inside you was never told about healing from abuse... 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: ? 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 better understand and be more accepting of your parent's behavior ? The secrets to self-love you should have learned long ago to offer yourself the best gift every person deserves ? A new perspective on the act of forgiveness that will finally give you the upper hand when your dealing with your parent(s) ? How to create a mental space to help you feel safe enough to face your most potent demons and succeed ? The most crucial thing you need to do to become entirely free of old patterns and finally make conscious choices out of love for yourself and not fear of your parents And much more. If you're ready to explore the deepest and darkest parts of your childhood and come out empowered, then scroll up and click the "Add to Cart" button right now.

When trying to deal with our current troubles and anxieties, it can be deeply irritating to be asked to consider our childhoods. They happened so long ago; we can probably barely remember, let alone relate to, the little person we once were. But one of the most powerful explanations for why we may, as adults, be struggling, is that we were denied the opportunity to fully be ourselves in our earliest years. Perhaps we were over-disciplined and cowed, not allowed to be wilful or difficult – and so learnt to tell white lies and people-please. Or perhaps our caregivers were preoccupied or fragile and so we had to assume the role of parent, burying our true needs and desires deep underground. When we thoroughly examine our upbringings, the larger implications for our adult selves are clear to see. Once we understand the roots from which our flaws stem, we can set about correcting the harmful behaviours we mistakenly believe to be innate. This book is a guide to better understanding our younger selves in order to shape who we wish to be in the future. It explores to what extent we can pin our actions in the present to our experiences in the past, and how we might then break free from the learnt patterns of our childhoods.

While there are many different approaches to healing trauma, few offer a wide range of perspectives and options. With innovative insight into trauma-related difficulties, Jasmin Lee Cori helps you: Understand trauma and its devastating impacts Identify symptoms of trauma (dissociation, numbing, etc.) and common mental health problems that stem from trauma Manage traumatic reactions and memories Create a more balanced life that supports your recovery Choose appropriate interventions (therapies, self-help groups, medications and alternatives) Recognize how far you've come in your healing and what you need to keep growing Complete with exercises, healing stories, points to remember, and resources, this is a perfect companion for anyone seeking to reclaim their life from the devastating impacts of trauma.

A self-help book based in science, the result of more than a decade of research, *Daughter Detox* offers the daughters of unloving mothers vital information, guidance, and real strategies for healing from childhood experiences, and building genuine self-esteem. Writer Peg Streep lays out seven distinct but interconnected stages on the path to reclaim your life from the effects of a toxic childhood: DISCOVERY, DISCERNMENT, DISTINGUISH, DISARM, RECLAIM, REDIRECT, and RECOVER. Each step is clearly explained, and richly detailed with the stories of other women, approaches drawn from psychology and other disciplines, and unique exercises. The book will help the reader tackle her own self-doubt and become consciously aware of how her mother's treatment continues to shape her behavior, even today. The message of the book is direct: What you experienced in childhood need not continue to hold you back in life. What was learned can be unlearned with effort. The book begins with DISCOVERY, opening up the reader's understanding of how she has been wounded and influenced by her mother's treatment. Recognizing the eight toxic maternal behaviors-dismissive, controlling, emotionally unavailable, unreliable, self-involved or narcissistic, combative, enmeshed, or role-reversed-lays the foundation for the daughter's awareness of how her way of looking at the world, connecting to others, and ability to manage stress were affected. DISCERNMENT delves into the patterns of relationship in her family of origin and how they played a part in her development, and then shifts to looking closely at how the daughter adapted to her treatment, either silencing or losing her true self in the process. Next up is DISTINGUISH, seeing how the behavioral patterns we learned in childhood animate all of our relationships in the present with lovers and spouses, relatives, friends, neighbors, and colleagues. The act of distinguishing allows us to see why so many of us end up in unsatisfying relationships, chose the wrong partners, or are unable to develop close friendships. Active recovery begins with DISARM as the daughter learns how to disconnect unconscious patterns of reaction and behavior and substitute actions that will foster

the growth of self-esteem. Understanding the triggers that set us off, the cues that put us on the defensive, and the default positions of blaming ourselves and making excuses for other people's toxic behavior are addressed, as are unhealthy behaviors such as rumination, rejection sensitivity, and more. RECLAIM is the stage at which the reader begins to actively make new choices, preparing herself so that she can live the life she desires by seeing herself as having agency and being empowered. Making new choices and figuring out how to manage her relationship to her unloving or toxic mother is the focus of REDIRECT. There are stories to inspire and challenge your thinking, exercises that show you how to swap out self-criticism for self-compassion, guidance on how to use journaling as a tool of self-discovery and growth, and advice on goal setting. Finally, RECOVER challenges the reader to come up with a new definition of what it means to heal, suggests tools to overcome the obstacles she places in her own way, and strategies to become the best, most authentic version of herself.

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