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# The Emotionally Absent Mother

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*The Emotionally Absent Mother*

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### **The Emotionally Absent Mother, Updated and Expanded Second Edition**

#### **How to Recognize and Heal the Invisible Effects of Childhood Emotional Neglect** *The Experiment*

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)

### **The Emotionally Absent Mother**

#### **A Guide to Self-Healing and Getting the Love You Missed** *The Experiment*

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.

### **The Emotionally Absent Mother**

### **How to Overcome Your Childhood Neglect When You Don't Know Where to Start and Meditations and Affirmations to Help You Overcome Childhood Neglect** *CreateSpace*

\*\*\*\*\*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

### **The Emotionally Absent Mother**

### **Overcome Childhood Emotional Neglect and Begin to Heal Yourself** *CreateSpace*

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

### **Adult Children of Emotionally Immature Parents**

### **How to Heal from Distant, Rejecting, or Self-Involved Parents** *New Harbinger Publications*

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

## **Daughter Detox**

### **Recovering from an Unloving Mother and Reclaiming Your Life**

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.

## Healing from Trauma

### **A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life** *Da Capo Press*

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.

## Mothers Who Can't Love

### **A Healing Guide for Daughters** *Harper Collins*

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 Unavailable Father**

**Seven Ways Women Can Understand, Heal, and Cope with a Broken Father-Daughter Relationship** *John Wiley & Sons*

### **Absent**

**How to Heal from Emotionally Toxic Parents - a Grown-Up's Guide to Healing from Childhood Neglect, Manipulation, Trauma, and Abusive Emotional Behavior** *Vibrant Mind Publishing*

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.

### **Running on Empty**

**Overcome Your Childhood Emotional Neglect** *Morgan James Publishing*

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.

### **Mothering Ourselves**

#### **Help and Healing for Adult Daughters** *Plume Books*

With examples drawn from her own experience, from her patients' stories, and from myth, fairy tale, and contemporary fiction, Dr. Bassoff shows readers how to overcome the conflict between intense identification with and resentment of the mother that so often causes women deep unhappiness.

### **Growing Up Again**

#### **Parenting Ourselves, Parenting Our Children** *Simon and Schuster*

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.

### **Mother Hunger**

#### **How Adult Daughters Can Understand and Heal from Lost Nurturance, Protection, and Guidance** *Hay House, Inc*

An insatiable need for sex and love. Periods of overeating or starving. A pattern of unstable and painful relationships. Does this sound painfully familiar? Trauma counselor Kelly McDaniel has seen these traits over and over in clients who feel trapped in

cycles of harmful behaviors-and are unable to stop. Many of us find ourselves stuck in unhealthy habits simply because we don't see a better way. With *Mother Hunger*, McDaniel helps women break the cycle of destructive behavior by taking a fresh look at childhood trauma and its lasting impact. In doing so, she destigmatizes the shame that comes with being under-mothered and misdiagnosed. McDaniel offers a healing path with powerful tools that include therapeutic interventions and lifestyle changes in service to healthy relationships. The constant search for mother love can be a lifelong emotional burden, but healing begins with knowing and naming what we are missing. McDaniel is the first clinician to identify Mother Hunger, which demystifies the search for love and provides the compass that each woman needs to end the struggle with achy, lonely emptiness, and come home to herself.

## **Recovering from Emotionally Immature Parents**

### **Practical Tools to Establish Boundaries and Reclaim Your Emotional Autonomy** *New Harbinger Publications*

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.

## **Difficult Mothers, Adult Daughters**

### **A Guide For Separation, Liberation & Inspiration** *Mango Media Inc.*

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

### **Longing for Daddy**

#### **Healing from the Pain of an Absent or Emotionally Distant Father** *WaterBrook*

Where Was Daddy When You Needed Him? The absence of fathers is an epidemic plaguing our society, affecting families from every corner of our world and from all walks of life. Whether our fathers left us entirely during our childhood or were physically present but emotionally distant, those who missed out on an affirming, intimate father-love continue to experience the devastating consequences of that loss. • Are you angry at the world and don't know why? • Do you inadvertently sabotage relationships or smother those closest to you? • Do you rarely take risks or step out on faith? • Is there an undercurrent of anxiety in most tasks you perform? • Do you struggle to connect with God? • Do you have little or no self-confidence—or minimal self-worth? For women who answer yes to these questions, the common denominator is often an absent father. Far too many daughters have been stripped of a healthy relationship with their earthly dad. But real healing is within your reach. Discover how the absence of your father has impacted your entire life—your attitude, your actions, your beliefs, your decisions, and your identity—and learn how you can stop resulting negative behaviors, break free, and experience a confidence-building, empowering love that will heal your hurts and fulfill your deepest longings.

#### **Difficult Mothers: Understanding and Overcoming Their Power** *W. W. Norton & Company*

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.

### **When the Night Comes**

#### **A Novel** *Simon and Schuster*

Longlisted for the prestigious Miles Franklin Award, this “moving account of the depth of ordinary lives” (Library Journal, starred review) tells the story of a young Tasmanian girl and a Danish sailor and the brief encounter that leaves a lasting impact on both. Isla is a lonely girl who moves to Hobart with her mother and brother to try to better their lives. It’s not really working until they meet Bo, a crewman on an Antarctic supply ship, the Nella Dan, who shares stories about his adventures with them—his travels, bird watching, his home in Denmark, and life on board the ship. Isla is struggling to learn what truly matters and who to trust, while this modern Viking is searching to understand his past and to find a place in this world for himself. Though their time together is short, it is enough to change the course of both their lives. Praised for writing that is “vivid and distinct” (Library Journal, starred review) and “exquisite in its simplicity and eloquence” (Kirkus Reviews), Favel Parrett delivers a stunningly beautiful novel—“spare but memorable” (Booklist)—about the remarkable and unexpected bond forged between strangers.

### **Emotionally Unavailable Father**

#### **Does He Love You? And Does it Matter?**

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.

### **Mothering Without a Map**

#### **The Search for the Good Mother Within** *Penguin*

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>

### **Running on Empty No More**

#### **Transform Your Relationships with Your Partner, Your Parents & Your Children** *Morgan James Publishing*

"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?*

### **Will I Ever be Good Enough?**

#### **Healing the Daughters of Narcissistic Mothers** *Simon and Schuster*

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.

### **Narcissistic Mothers**

#### **The Complete Guide for Daughters with CPTSD of Immature, Emotionally Absent Mothers with Borderline Behaviors**

★ Get rid of the trauma caused by having a narcissistic mother ★  
Sometimes we feel like fate has chosen to make us suffer, depriving us of the love of a caring mother. We cannot choose

our parents, much less decide what personality they will have, how they will treat us, and how they will love us. Having a narcissistic mother is a misfortune that those who do not have it can hardly understand. We know how you feel, we know you tried with all your might to please your mother, without ever achieving what you always saw in other people's mother-daughter relationships, unconditional love and mutual respect and this has happened to a lot of people before you. This has made you suffer because of your strong empathy, and you want nothing more than to be able to respond in kind to the woman who continues to fail to make you feel adequate, protected and loved. Is it possible to get out of this vortex of pain that sinks you, making you feel weak and helpless? ♦ You need to take charge of your life and stop giving your mother command over your emotions. ♦ With "Narcissistic Mothers, The Complete Guide for Daughters with CPTSD of Immature, Emotionally Absent Mothers with Borderline Behaviors", you will understand all the mechanisms put in place by a narcissistic mother to manipulate you! If you want to be successful in countering her toxic behaviors, exposing her lies, and defending yourself against her gaslighting, you must prepare yourself to recognize all of her behaviors. In this book you will learn: □ To recognize NPD, looking at your childhood in a whole new light; □ To forgive yourself the faults you never had, becoming stronger; □ To free yourself from the toxicity that a narcissistic mother-daughter relationship entrenches in your life; □ To cope with the CPTSD you may suffer from (emotional flashbacks, shame, excessive self-criticism, self-abandonment; □ The methods and strategies of manipulation adopted by a narcissistic mother; □ To reset your mindset to combat attempts

to make you feel weak and powerless; □ The practical techniques that will help you make past negative events in your life just old memories! ...AND MUCH MORE! ♦ Recognize a narcissist mother's techniques is the only way that an empath has to defeat her and get rid of her, but wishing to become stronger is not enough to free you forever from the burden of having a narcissistic mother. You need to TAKE ACTION, NOW, by following the advice you'll find in this book, to leave behind all the hurt and trauma you've had to endure. ★ Do like the millions of people who, like you, have suffered from a narcissistic mother: learn to fight back, take charge of your life and come out a winner. ★

### **How to Overcome Your Childhood** *School of Life Press*

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.

### **Understanding the Borderline Mother**

#### **Helping Her Children Transcend the Intense, Unpredictable, and Volatile Relationship** *Rowman & Littlefield*

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

#### **All My Mothers** *Borough Press*

#### **Discovering the Inner Mother**

#### **A Guide to Healing the Mother Wound and Claiming Your Personal Power** *HarperCollins*

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.

## Clearing Emotional Clutter

### **Mindfulness Practices for Letting Go of What's Blocking Your Fulfillment and Transformation** *New World Library*

A Fresh Start to a Healthy Emotional Life Is emotional clutter blocking success in your personal and professional life? You've likely heard about the psychological benefits of clearing out the clutter in your surroundings, but how do you handle your emotional clutter — the psychological version of the jam-packed closet or impenetrable garage? Shutting away and trying to hide old pains and traumas creates toxic patterns that can keep you from having the life of your dreams. Integrating mindfulness and cutting-edge neuroscience, international mindfulness expert Donald Altman teaches how to modify entrenched habits and patterns with only a few minutes of attention daily. Altman first

helps you realize what your baggage consists of and how to transform or jettison it. He then shows how to avoid the daily danger of accumulating new emotional clutter. No matter how fraught your life or relationships may be, you can cleanse, heal, or accept the old wounds, mistakes, and disappointments. With Altman's lifestyle tools, you'll discover how to address your past, better deal with the present, and cultivate the best possible future. Start fresh with *Clearing Emotional Clutter*.

## Dealing with Emotionally Immature Parents

### **How to Handle Toxic Parents** *Priscilla Posey*

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!

## Parenting Matters

### **Supporting Parents of Children Ages 0-8** *National Academies Press*

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate

stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

### **The Developmental Needs Meeting Strategy**

### **An Ego State Therapy for Healing Adults with Childhood Trauma and Attachment Wounds**

### **But It's Your Family . . .**

#### **Cutting Ties with Toxic Family Members and Loving Yourself in the Aftermath** *Morgan James Publishing*

A psychologist offers a roadmap for those looking to break free of toxic family relationships and thrive in the aftermath. Toxic family abuse is always two-fold. The first layer of abuse is the original poor treatment by toxic family members, and the second is someone's denial of the ways in which abusers treat and harm them. Loving someone doesn't always mean having a relationship with them, just like forgiveness doesn't always mean reconciliation. A significant part of healing comes with accepting that there are some relationships that are so poisonous that they destroy one's ability to be healthy and function best. But It's Your Family is a remarkable account of what it means to cut ties to toxic family abuse and thrive in the aftermath. Inside, Dr. Sherrie Campbell clarifies: · How parents, adult children, siblings, grandparents, and in-laws can be toxic · The difference between flawed and toxic family members · Explaining the cutting of ties to children and others who may not understand · Spiritual and religious views on forgiveness · The definition of cutting ties and what No Contact actually means When readers are able to bring closure to those toxic relationships, they give themselves the space to love those family members from a distance, as fellow human beings, with the knowledge that it is unwise to remain connected. Readers learn how to love themselves in the process and fundamentally change their lives for the better!

### **Poisonous Parenting**

### **Toxic Relationships Between Parents and Their Adult Children** *Routledge*

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.

### **Mean Mothers**

#### **Overcoming the Legacy of Hurt** *Harper Collins*

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.

### **Childhood Emotional Neglect**

#### **The Official Guide on How Not to Be an Emotionally Immature Parent, Understand the Impact of Emotional**

### **Neglect on Child Development, and Learn How to Deal With It**

Do you ever worry that your child feels neglected? Maybe you and your partner both work jobs that require you to spend a lot of hours out of the house, and you fear that leaving your children with babysitters is leading to them feeling neglected? Perhaps you have already started to see signs of your child's behaviour changing and you have begun to wonder whether it is a reaction to feeling neglected? Or maybe you haven't seen any signs yet, but you know it is becoming more common for children to feel neglected and you want to make sure your child does not feel that way? Rest assured, *Childhood Emotional Neglect* is the book that you have been searching for! You will have everything you need to understand the causes, effects, and impact of childhood neglect, as well as how you can deal with this problem quickly and effectively before there are any lasting impacts. Childhood neglect can happen under the radar so easily, but it can have a major impact in that person's life. From reading this book, you will have a better understanding of the key stages of development that you need to tackle as a parent and how to spot when your child is feeling neglected. If you don't educate yourself properly on this important topic, you risk missing out on key signs that your child is feeling neglected, and by the time you realize it, it may be too late! Inside *Childhood Emotional Neglect*, discover:  
 How to bond with your baby, even while it is in the womb  
 The 7 key development stages in child's early years  
 How to show your child unconditional love  
 The dire consequences of childhood emotional neglect  
 Ways to set healthy boundaries with your child  
 5 powerful ways to strengthen your parent-child relationship  
 How

to confront any potential feelings you have about childhood neglect 4 tips to help your child identify and express their feelings How to create a safe space for your child Steps to discipline your child without hurting them Why it is important to let go of your feelings And much, much more! Give your child the best possible start in life by investing in this book. Get your copy NOW and start educating yourself further on this important topic!

### **The Emotionally Focused Casebook**

#### **New Directions in Treating Couples** *Routledge*

There is currently no single resource that compiles the various applications to the many clinical populations being served by Emotionally Focused Therapy today. The Emotionally Focused Casebook fills that void as a substantive reference for clinicians, students, professors, and supervisors using and teaching EFT. Each chapter utilizes a hands-on case study approach with concrete guidelines and illustrations for the adaptation and application of EFT with specific treatment populations. This Casebook is the perfect practical resource for professionals and students looking for examples of specific theoretical, conceptual, and treatment applications of EFT.

### **You're Not Crazy - It's Your Mother**

#### **Freedom for Daughters of Narcissistic Mothers - New Edition**

A comprehensively revised and expanded new edition of Danu Morrigan's #1 bestselling book, which has helped tens of

thousands of daughters of narcissistic mothers around the world. Do you find yourself emotionally bruised, upset and confused after being in touch with your mother? Do you somehow feel like you're not a real person in her company? If so, you are far from alone. Millions of daughters experience the same hall-of-mirrors dizziness. Many of them have come to the conclusion that their mother has Narcissistic Personality Disorder, and that explains all that they have suffered. This book explores this - maybe it will resonate for you the same way and make you feel understood and validated as never before. This new edition includes a wealth of new insight and understanding learned by Danu over the last ten years, including: Clarity about escaping the toxic dynamic, through The Four Steps to Freedom; managing our fear of regretting our decisions; how Stories steer us without us realising; the NM's performative kindness and performative love; overcoming the trap of The Silent Treatment; distinguishing narcissistic 'niceness' from genuine decency; how to recognise, get, and contribute to healthy relationships.

### **After 9/11**

#### **One Girl's Journey through Darkness to a New Beginning**

*Simon and Schuster*

"You are a herald for your generation....Thank you for using your voice to help us make sense of that dark day, and forge a new beginning."—Hillary Rodham Clinton, in a letter to Helaina Hovitz Helaina Hovitz was twelve years old and in middle school just blocks away when the World Trade Center was attacked. Her memoir encapsulates the journey of a girl growing up with PTSD

after living through the events firsthand. *After 9/11* chronicles its effects on a young girl at the outset of adolescence, following her as she spirals into addiction and rebellion, through loss, chaos, and confusion. The events of 9/11 were a very real part of Helaina's life and are still vivid in her memory today. Hundreds were stranded in the neighborhood, including Helaina, without phones or electricity or anyone to help. Fear and despair took over her life. It would take Helaina more than a decade to overcome the PTSD — and subsequent alcohol addiction — that went misdiagnosed and mistreated. In many ways, *After 9/11* is the story of a generation growing up in the aftermath of America's darkest day —and for one young woman, it is the story of a survivor who, after witnessing the end, got to make a new beginning. This new trade paperback edition includes tips on how to cope with trauma, an FAQ section, and a guide to discussing 9/11 with children. "Inspirational, courageous and beautifully told. *After 9/11* is a testament to the resiliency of the human spirit." — Cathy Free, correspondent, PEOPLE magazine "Helaina Hovitz's engrossing narrative begins in the shadow of the twin towers with her as a backpack-toting twelve-year-old and plays out over the next fifteen years in dramatic - and sometimes distressing - detail. This impressive debut is both deeply evocative and

intensely personal." — Peter Canby, Senior Editor, The New Yorker "A moving and remarkable testament to a time that changed our country, told beautifully by a young woman who never gave up hope that she could reclaim her life, no matter how grim things looked." — Sean Elder, contributor, Newsweek

### **Are u ok?**

#### **A Guide to Caring for Your Mental Health** *Da Capo Lifelong Books*

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.