

Read Online Mothers Who Can
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Daughters Ebook

***Mothers Who Can T
Love A Healing
Guide For Daughters
Ebook***

As her son grows up from little boy to adult man, a mother secretly rocks him each night as he sleeps.

Hard-working Daphne left her two young daughters in Jamaica for six years to create a better life for them in America. Now thirty years later, proud and private, Daphne is relying on

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church and her nearby dutiful daughter to face a health crisis. But when feisty activist Claudette arrives unexpectedly from far away to help out, her arrival stirs up the buried past, family ghosts and the burning desire for unconditional love before it's too late.

NEW YORK TIMES

BESTSELLER "Bittersweet, sexy, morally fraught."

-The New York Times Book Review "Fantastic... a book that feels alive on

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the page." -The
Washington Post From the
New York-Times
bestselling author of
The Vanishing Half, the
beloved novel about
young love and a big
secret in a small
community. Set within a
contemporary black
community in Southern
California, Brit
Bennett's mesmerizing
first novel is an
emotionally perceptive
story about community,
love, and ambition. It
begins with a secret.
"All good secrets have a

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taste before you tell them, and if we'd taken a moment to swish this one around our mouths, we might have noticed the sourness of an unripe secret, plucked too soon, stolen and passed around before its season." It is the last season of high school life for Nadia Turner, a rebellious, grief-stricken, seventeen-year-old beauty. Mourning her own mother's recent suicide, she takes up with the local pastor's son. Luke Sheppard is

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twenty-one, a former football star whose injury has reduced him to waiting tables at a diner. They are young; it's not serious. But the pregnancy that results from this teen romance—and the subsequent cover-up—will have an impact that goes far beyond their youth. As Nadia hides her secret from everyone, including Aubrey, her God-fearing best friend, the years move quickly. Soon, Nadia, Luke, and Aubrey are full-fledged

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adults and still living in debt to the choices they made that one seaside summer, caught in a love triangle they must carefully maneuver, and dogged by the constant, nagging question: What if they had chosen differently? The possibilities of the road not taken are a relentless haunt. In entrancing, lyrical prose, *The Mothers* asks whether a "what if" can be more powerful than an experience itself. If, as time passes, we must

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always live in servitude to the decisions of our younger selves, to the communities that have parented us, and to the decisions we make that shape our lives forever. In a book that begins at either side and ends in the middle, a little boy and his mother are taking a walk together when one asks "How much do you love me?" and the other provides a rhythmic response. On board pages.

Toxic In-Laws

A Guide For Separation,

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Liberation & Inspiration
I Couldn't Love You More
Healing the Wounds of
Deception and Betrayal
You're Wearing That?
Healing the Daughters of
Narcissistic Mothers
How Black Mothers Say I
Love You

*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*

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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

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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 international bestselling author

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Liz Climo comes You're Mom, a hilarious and relatable collection of original comics about motherhood. Moms: they are there for us through the good, the bad, the scary, the sticky, and everything in between. They also read us a lot of picture books along the way, and now there's a picture book just for them. Liz Climo brings her trademark wit and adorable drawings to You're Mom: a funny, honest, and sweet homage to motherhood. Detailing the ups and downs of mothering, along with the many paths to becoming a mom and the different types of motherhood, Climo pairs humorous observations with clever illustrations of baby animals and their mothers. With more than 100 beautiful drawings, You're Mom is a book for the

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new mom, the seasoned mom, anyone in a mom-like role, or anyone who has ever loved a mom. It's a thank you to those taking on the challenging role of parenting - and it's also short and sweet, which means you can read it and then hopefully get some sleep!

***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*

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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.

Bestselling author Susan Forward looks at the devastating impact unloving mothers have on their

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daughters and provides effective techniques for overcoming that painful legacy. Over the course of thirty-five years as a therapist, Susan Forward has worked with a large number 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 other forms of abuse, women raised by mothers who can't love are plagued by anxiety, depression, relationship problems, lack of confidence, and difficulties with trust. But as Forward explains in Mothers Who Can't Love, it is possible to heal the mother wound and find help and validation. The many different kinds of unloving mothers—the

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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—are all described in these pages. They each bring unique issues to the mother-daughter dynamic and need to be understood in order for healing to begin. 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 their childhoods and act in their own best interests. Riveting and compassionate, this landmark book will give daughters the emotional support and tools they need to reclaim their confidence and

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*self-respect so that the emotional
destructiveness they grew up with does
not constitute a legacy for future
generations.*

*Loving Strategies for Protecting Your
Marriage*

*Overcoming Their Hurtful Legacy and
Reclaiming Your Life*

You're Not Crazy - It's Your Mother

NARCISSISTIC MOTHERS

A Healing Guide for Daughters

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

*How Adult Daughters Can Understand
and Heal from Lost Nurturance,*

Protection, and Guidance

A comprehensively

**revised and expanded new
edition of Danu**

Morrigan's #1

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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

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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

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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. In our mothers' day there were good mothers, indifferent mothers, and occasionally, great mothers. Today we have

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only Bad Mothers: If you work, you're neglectful; if you stay home, you're smothering. If you discipline, you're buying them a spot on the shrink's couch; if you let them run wild, they will be into drugs by seventh grade. Is it any wonder so many women refer to themselves at one time or another as a "bad mother"? Writing with remarkable candor, and dispensing much hilarious and helpful advice along the way—Is breast best? What should

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you do when your
daughter dresses up as a
"ho" for

Halloween?—Ayelet

Waldman says it's time
for women to get over it
and get on with it in
this wry, unflinchingly
honest, and always
insightful memoir on
modern motherhood.

#1 NEW YORK TIMES

BESTSELLER #1

INTERNATIONAL BESTSELLER

A heartbreaking and
hilarious memoir by
iCarly and Sam & Cat
star Jennette McCurdy
about her struggles as a

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former child actor—including eating disorders, addiction, and a complicated relationship with her overbearing mother—and how she retook control of her life. Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a star, and Jennette would do anything to make her mother happy. So she went along with what Mom called "calorie

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restriction,” eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom chided, “Your eyelashes are invisible, okay? You think Dakota Fanning doesn’t tint hers?” She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income. In *I’m Glad My Mom Died*, Jennette recounts all this in unflinching detail—just as she chronicles what

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happens when the dream finally comes true. Cast in a new Nickelodeon series called iCarly, she is thrust into fame. Though Mom is ecstatic, emailing fan club moderators and getting on a first-name basis with the paparazzi ("Hi Gale!"), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy relationships. These issues only get worse

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when, soon after taking the lead in the iCarly spinoff Sam & Cat alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette embarks on recovery and decides for the first time in her life what she really wants. Told with refreshing candor and dark humor, I'm Glad My Mom Died is an inspiring story of resilience, independence, and the joy of shampooing your

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own hair.

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.

How to Support Your

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Daughters Ebook

Teen, Stay Close as a
Family, and Raise
Independent Adults

A Study

Difficult Mothers:

Understanding and

Overcoming Their Power

What Our Mothers Didn't

Tell Us

Difficult Mothers, Adult
Daughters

A Chronicle of Maternal

Crimes, Minor

Calamities, and

Occasional Moments of

Grace

Freedom for Daughters of

Narcissistic Mothers -

New Edition

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A sweeping story of three generations of women, crossing from London to Ireland and back again, and the enduring effort to retrieve the secrets of the past It ' s London, 1960, and Aoife Kelly—once the sparkling object of young men ' s affections—runs pubs with her brusque, barking husband, Cash. Their courtship began in wartime London, before they returned to Ireland with their daughters in tow. One of these daughters—fiery, independent-minded Rosaleen—moves back to London, where she meets and begins an affair with the famous sculptor Felix Lehmann, a German-Jewish refugee artist over twice her tender eighteen years. When

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Rosaleen finds herself pregnant with Felix 's child, she is evicted from her flat, dismissed from her job, and desperate to hide the secret from her family. Where, and to whom, can she turn? Meanwhile, Kate, another generation down, lives in present-day London with her young daughter and husband, an unsuccessful musician and destructive alcoholic. Adopted and floundering to find a sense of herself in the midst of her unhappy marriage, Kate sets out to track down her birth mother, a search that leads her to a Magdalene Laundry in Ireland and the harrowing history that it holds. Stirring and nostalgic at moments, visceral and propulsive at others, I

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Couldn't Love You More is a tender, candid portrait of love, sex, motherhood, and the enduring ties of family. It is impossible not to fall under the spell of this tale of mothers and daughters, wives and muses, secrets and outright lies.

“You will devour these beautifully written—and very important—tales of honesty, pain, and resilience” (Elizabeth Gilbert, New York Times bestselling author of *Eat Pray Love* and *City of Girls*) from fifteen brilliant writers who explore how what we don't talk about with our mothers affects us, for better or for worse. As an undergraduate, Michele Filgate started writing an essay about being abused by her stepfather. It took her more than a

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decade to realize that she was actually trying to write about how this affected her relationship with her mother. When it was finally published, the essay went viral, shared on social media by Anne Lamott, Rebecca Solnit, and many others. This gave Filgate an idea, and the resulting anthology offers a candid look at our relationships with our mothers. Leslie Jamison writes about trying to discover who her seemingly perfect mother was before ever becoming a mom. In Cathi Hanauer ' s hilarious piece, she finally gets a chance to have a conversation with her mother that isn ' t interrupted by her domineering (but lovable) father. Andr é Aciman writes about what it was like to

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have a deaf mother. Melissa Febos uses mythology as a lens to look at her close-knit relationship with her psychotherapist mother. And Julianna Baggott talks about having a mom who tells her everything. As Filgate writes, “Our mothers are our first homes, and that’s why we’re always trying to return to them.”

There’s relief in acknowledging how what we couldn’t say for so long is a way to heal our relationships with others and, perhaps most important, with ourselves.

Contributions by Cathi Hanauer, Melissa Febos, Alexander Chee, Dylan Landis, Bernice L.

McFadden, Julianna Baggott, Lynn Steger Strong, Kiese Laymon, Carmen Maria Machado, André

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Aciman, Sari Botton, Nayomi
Munaweera, Brandon Taylor, and
Leslie Jamison.

Two boys discover that their mother
loves them equally but in different
ways.

When you are fast asleep, the
angel in your family is hard at work
to make your home a joyful and
happy place.

Mother Hunger

A Healing Guide for Daughters with
Mothers Who Can ' t Love. Learn
How to Find Your Sense of Self,
Recover After Narcissistic Abuse
and Deal with Toxic Parents
Understanding Mothers and
Daughters in Conversation
The Story of the Midnight Angel,
Coloring Book Edition

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The Emotionally Absent Mother,
Updated and Expanded Second
Edition

A Raw and Honest Guide to
Motherhood

***“[Prepon] returns to the
written word with this heartfelt,
honest look at motherhood,
styled as both informative
guidebook and raw memoir.”***

***—Entertainment Weekly When
actor, director, and author
Laura Prepon first became a
mother, she felt raw, full of
stress, and blindsided. She
sought out resources to help
navigate this huge life
transition, but only found***

books about childcare with almost nothing on the shelves about momcare. So, Laura decided to write the book she was looking for. You and I, as Mothers: A Raw and Honest Guide to Motherhood is part memoir, part handbook, as Laura digs into her own unconventional upbringing and investigates how it shaped her as a person and as a mother, with intimate stories and never-before-shared anecdotes brought forth in an effort to understand our collective experience as mothers. The book is packed with practical tips for moms of

any age, at any stage of motherhood, such as stress reduction techniques, self-care, protecting one's partnership, asking for help, and getting a global perspective on maternity. Also included are easy and delicious recipes, from ideas for kids-friendly food, to romantic dinner dates, and batch-cooking favorites that will help any parent feed their family. Unfiltered, honest, and insightful, Laura encourages the reader to acknowledge their challenges, embrace their strengths, and celebrate their victories as we navigate the

greatest adventure of all: motherhood. “Every mother, partner, and friend can benefit from the evocative and hard-earned wisdom within these pages.” —Mila Kunis “A powerful multi-hyphenate manifesto examining the most important and often overlooked realities of modern motherhood, written with wit, extraordinary grace, and real guts.” —Amber Tamblyn Deborah Tannen's #1 New York Times bestseller You Just Don't Understand revolutionized communication between women and men. Now, in her most provocative

and engaging book to date, she takes on what is potentially the most fraught and passionate connection of women's lives: the mother-daughter relationship. It was Tannen who first showed us that men and women speak different languages. Mothers and daughters speak the same language—but still often misunderstand each other, as they struggle to find the right balance between closeness and independence. Both mothers and daughters want to be seen for who they are, but tend to see the other as falling short of who she should

be. Each overestimates the other's power and underestimates her own. Why do daughters complain that their mothers always criticize, while mothers feel hurt that their daughters shut them out? Why do mothers and daughters critique each other on the Big Three—hair, clothes, and weight—while longing for approval and understanding? And why do they scrutinize each other for reflections of themselves? Deborah Tannen answers these and many other questions as she explains why a remark that would be harmless coming from anyone

else can cause an explosion when it comes from your mother or your daughter. She examines every aspect of this complex dynamic, from the dark side that can shadow a woman throughout her life, to the new technologies like e-mail and instant messaging that are transforming mother-daughter communication. Most important, she helps mothers and daughters understand each other, the key to improving their relationship. With groundbreaking insights, pitch-perfect dialogues, and deeply moving memories of her own

mother, Tannen untangles the knots daughters and mothers can get tied up in. Readers will appreciate Tannen's humor as they see themselves on every page and come away with real hope for breaking down barriers and opening new lines of communication. Eye-opening and heartfelt, You're Wearing That? illuminates and enriches one of the most important relationships in our lives. "Tannen analyzes and decodes scores of conversations between moms and daughters. These exchanges are so real they can make you squirm as you

relive the last fraught conversation you had with your own mother or daughter. But Tannen doesn't just point out the pitfalls of the mother-daughter relationship, she also provides guidance for changing the conversations (or the way that we feel about the conversations) before they degenerate into what Tannen calls a mutually aggravating spiral, a "self-perpetuating cycle of escalating responses that become provocations." – The San Francisco Chronicle 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.***

***A Revealing and Intimate Story
of What a Mother Will—and
Will Not—Do for Her
Daughters What kind of
women do daughters become
when their fathers are missing
and their mothers can't love
them? How do they find love
and ways to love themselves?
Nearly three decades of
secrets lie between Lola
Ashby and the two girls she***

reluctantly raised. Now, prompted by the one father figure she respects, older daughter Frankie agrees to drive from Portland to visit her ailing mother, who abandoned the girls when they were in high school. When younger daughter Callie announces to Frankie that she's moving her fashion model career to Los Angeles from the East Coast, Frankie badgers her sister into meeting up in the Idaho panhandle for a family reunion to dilute the impact of their mother's indifference. However, on Frankie's first night on the road, the trip gets

more complicated when a well-dressed elderly woman at a rest stop dumps a young boy in her lap with a request to take him on to Montana. And Callie's exit from Pittsburgh is fraught with its own shady and violent difficulties. Meanwhile, Lola strengthens her resolve to keep the past and its secrets where they belong. Skyhorse Publishing, as well as our Arcade, Yucca, and Good Books imprints, are proud to publish a broad range of books for readers interested in fiction—novels, novellas, political and medical thrillers, comedy, satire, historical

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***fiction, romance, erotic and
love stories, mystery, classic
literature, folklore and
mythology, literary classics
including Shakespeare,
Dumas, Wilde, Cather, and
much more. While not every
title we publish becomes a
New York Times bestseller or
a national bestseller, we are
committed to books on
subjects that are sometimes
overlooked and to authors
whose work might not
otherwise find a home.
Motherbridge of Love
Overcoming the Legacy of
Hurt
Love You Forever***

Bad Mother

Recovering from an Unloving Mother and Reclaiming Your Life

Being There

The Mothers

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

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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

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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. Do you want to learn how to protect yourself from your narcissistic mother? If yes, then this book is perfect for you! Narcissistic mothers are susceptible to any real or imagined criticism and are prone to having emotional outbursts that may include verbal abuse, passive-aggressive behavior, infantilism, and even physical violence. They often try to control their

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children through guilt or bribes (such as gifts or money), and sometimes therapy sessions are used in the same way. They tend to be rigid, controlling, condescending, and critical. ???This book covers the following topics:??? The narcissistic personality Signs that you have a Narcissistic Mother Types of Narcissistic Mothers Daughters and Mothers Effects of Being Raised by a Narcissistic Parent Mental Manipulation and Control Protection tips Things Narcissistic Mothers Say for Mental Manipulation and Control And much more! According to Dr. Joseph

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Burgo (author of "The Narcissist You Know"): "It's not just that narcissists lack empathy; it's that they have a very particular kind of empathy deficit, empathy - the ability to sense and share another person's feelings - does exist in narcissists, but it is not what you would call 'ordinary empathy.' It is a highly selective form of emotional resonance with people in their immediate environment. Narcissists can intuitively sense when others are under stress or emotionally aroused, and they will respond emotionally and even engage in small talk with these

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people to comfort them or 'make them feel better.' But they will not respond with genuine empathy unless the other person demonstrates some tangible sign of distress. [...]" Ready to get started? Click the button and Get your copy NOW!

PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups,

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driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. Grown and

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Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and Flown is required reading

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for anyone looking to raise an adult with whom you have an enduring, profound connection.

Talk to women under forty today, and you will hear that in spite of the fact that they have achieved goals previous generations of women could only dream of, they nonetheless feel more confused and insecure than ever. What has gone wrong? What can be done to set it right? These are the questions Danielle Crittenden answers in *What Our Mothers Didn't Tell Us*. She examines the foremost issues in women's lives -- sex, marriage, motherhood, work, aging, and politics --

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and argues that a generation of women has been misled: taught to blame men and pursue independence at all costs. Happiness is obtainable, Crittenden says, but only if women will free their minds from outdated feminist attitudes. By drawing on her own experience and a decade of research and analysis of modern female life, Crittenden passionately and engagingly tackles the myths that keep women from realizing the happiness they deserve. And she introduces a new way of thinking about society's problems that may, at long last, help women achieve the lives they

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desire.

Discovering the Inner Mother

Toxic Parents

I Love You More

How Mothers Love

Regretting Motherhood

Grown and Flown

Mothers Who Can't Love

A provocative and deeply important study of women ' s lives, women ' s choices—and an ' unspoken taboo ' —that questions the societal pressures forcing women into motherhood Women who opt not to be mothers are frequently warned that they will regret their decision later in life, yet we rarely talk about the possibility that the opposite might also be true—that women who have children might regret it.

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Drawing on years of research interviewing women from a variety of socioeconomic, educational, and professional backgrounds, sociologist Orna Donath treats regret as a feminist issue: as regret marks the road not taken, we need to consider whether alternative paths for women currently are blocked off. She asks that we pay attention to what is forbidden by rules governing motherhood, time, and emotion, including the cultural assumption that motherhood is a “ natural ” role for women—for the sake of all women, not just those who regret becoming mothers. If we are disturbed by the idea that a woman might regret becoming a mother,

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Donath says, our response should not be to silence and shame these women; rather, we need to ask honest and difficult questions about how society pushes women into motherhood and why those who reconsider it are still seen as a danger to the status quo.

Groundbreaking, thoughtful, and provocative, this is an especially needed book in our current political climate, as women's reproductive rights continue to be at the forefront of national debates.

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

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challenges of their complex feelings. A practical guide to better communication that will break the blackmail cycle for good, by one of the nation's leading therapists, Susan Forward. " Breathe a sigh of relief! Susan Forward helps you identify and correct an intensely destructive and confusing pattern of relating with those you love. I highly recommend this important book!"—Susan Jeffers, Ph.D., author of *Feel the Fear and Do It Anyway* "If you really loved me..." "After all I've done for you..." "How can you be so selfish..." Do any of the above sound familiar? They're all examples of emotional blackmail, a powerful form of manipulation in

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which people close to us threaten to punish us for not doing what they want. Emotional blackmailers know how much we value our relationships with them. They know our vulnerabilities and our deepest secrets. They are our mothers, our partners, our bosses and coworkers, our friends and our lovers. And no matter how much they care about us, they use this intimate knowledge to give themselves the payoff they want: our compliance. Susan Forward knows what pushes our hot buttons. Just as John Gray illuminates the communications gap between the sexes in *Men Are from Mars, Women Are from Venus*, and Harriet Lerner describes an intricate

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dynamic in *The Dance of Anger*, so Susan Forward presents the anatomy of a relationship damaged by manipulation, and gives readers an arsenal of tools to fight back.

Recognize Signs of a Narcissistic Mother and Recover from Their Abuse

Is your mother a narcissist? It may seem weird to associate mothers with narcissistic behaviors - but in reality, it exists. And you could be a victim of it. Having a narcissistic mother can be harmful.

Most people that undergo narcissistic abuse are afraid to speak about it, or even believe it is happening. But if you're here, reading this text, then you are proactive about your life and willing

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to learn what it takes to CHANGE - and this is exactly why this book was written. In this book, you will find the most important advice for victims of narcissistic behavior. No matter what is your current situation in life, no matter if your relationship with your mother improved or got worse - you probably have a childhood trauma that keeps you from getting ahead in life - and now you can let it go and see the change you wish to see! Here is what you will learn from this book: How to recognize a narcissistic mother, and what to do if your mother is one
How to deal with the emotional scars and trauma your mother gave you
How to tell when your mother is

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manipulating you, or how did she manipulated you in the past How to step up and become stronger than abusers And much, much more content that will boost your self-esteem, increase you confidence, and let you become the person you wish you be FAQ Who is this book for? This book is suitable for any child of a narcissistic mother. It provides guidance on how such a child can heal from abuse and avoid falling into narcissistic marriages. This book will help you understand what narcissism is, and why as a mental disorder, it is not easily recognizable like the others. By the end of this book, you will know why narcissistic mothers cannot help but

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act like they do, so you can forgive them and heal from the abuse. It's truly life changing. Scroll up and get your copy now!

Why Happiness Eludes the Modern Woman

I'm Glad My Mom Died

A Healing Journey for Daughters to Recognize and Recover from

Mothers Who Can't Love

Narcissistic Mothers

And How Relationships Are Born

I Love You the Purplest

Daughter Detox

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-

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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)

“An empowering book . . . strategies for

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freeing yourself from the control of an unhealthy mother relationship.” —Susan Forward PhD, #1 New York

Times–bestselling author of *Toxic Parents*
For any adult daughter who struggles with a narcissistic, controlling, or otherwise difficult mother, here’s the good news: Your mother doesn’t have to change in order for you to be happy. Inspired by her own journey, Karen C.L. Anderson 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. With personal stories, 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. Her experience with hundreds of women has

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resulted in cases of profound growth and transformation. This book is about Anderson discovering and accepting the whole of who she is (separate from her mother), and—in relatable, real, funny, and compassionate prose—making her discoveries accessible to women struggling to redefine their own challenging relationships with their mothers. Learn:

- 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

Drawn from research and the real-life experiences of adult daughters, Mean

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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.

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

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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, DISTNGUISH, 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

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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

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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

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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.

Fifteen Writers Break the Silence
How to Recognize and Heal the Invisible Effects of Childhood Emotional Neglect
A Little Book for Mothers (And the People Who Love Them)
When Your Mother Doesn't
You and I, as Mothers
A Mother's Love
When You and Your Mother Can't Be

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Friends

Mothers describe falling in love with their babies and then, more slowly, learning to understand them.

Children flourish when their mothers love and understand them. For over 20 years, Naomi Stadlen has listened to hundreds of mothers talking at her weekly discussion groups. In 'How Mothers Love' she offers unique insights into how mothers and babies learn to communicate intimately with one another. When adults relate to one another, they are building on the foundations usually laid down by their mothers. 'How Mothers Love' is a study of how mothers start to build those foundations and covers areas such as: how to create emotional 'space' for your unborn child; how to maintain a close relationship with two or more children; the transformation

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into motherhood and your role as a mother in wider society. By sharing the experiences of other mothers, Naomi Stadlen offers reassurance and support to all new parents as they navigate the highs and lows of the early years with their babies. A poem to explain birth parents and adoptive parents to an adopted child. 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

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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.

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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. Have you ever been lied to by a lover? In this straightforward and supportive book, therapist Susan Forward profiles the wide variety of liars, shows you how to deal with the lies -- from the benign to the lethal -- that these men spin, and gives practical strategies to stop them before they ruin your relationship and, ultimately, your life. Once you find out the truth about your lover and his lies, what do you do? Forward offers practical, proven, step-by-step methods for healing the wounds caused by his deception and betrayal. She provides all the communication and behavioral techniques you need

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to deal with a lover's lies, telling you exactly what to say, when and how to respond to his reactions, and how to present your requirements for staying in the relationship. With understanding and compassion, she helps you decide whether your relationship can be saved and shows you how to move beyond doubt and regret if you feel that it can't. But whether you stay or go, you can learn to love and trust again.

Mean Mothers

*Why Prioritizing Motherhood in the
First Three Years Matters*

When Your Lover Is a Liar

A Novel

You're Mom

*What My Mother and I Don't Talk
About*

Emotional Blackmail

“ A book of great value for every

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daughter and every mother; useful for sons, too. ” —Benjamin Spock, M.D. From the Introduction: The goal of this book is to help readers achieve that separation so that they can either find a way to be friends with their mothers, or at least recognize and accept that their mothers did the best they could—even if it wasn't “ good enough ” —and to stop blaming them. Among the issues to be covered: • To understand how a daughter's attachment to her mother—more so than her relationship with her father—colors all her other relationships, and to analyze why it is more difficult for daughters than sons to separate from their mothers, as well as why daughters are more subject than sons to a mother's manipulation • To recognize the difference between a

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healthy and a destructive mother-daughter connection, and to define clearly the “ bad mommy, ” in order to help readers who have trouble acknowledging their childhood losses to begin to comprehend them • To conjugate what I call the “ Bad Mommy Taboo ” —why our culture is more eager to protect the sanctity of maternity than it is to protect emotionally abused daughters • To describe the evolution of the “unpleasable” mother—in all likelihood, she was bereft of maternal love as a child—and to recognize the huge, and often poignant, stake she has in keeping her grown daughter dependent and off-balance • To illustrate the consequent controlling behavior—in some cases, cloaked in fragility or good intentions—of such mothers, which falls into general

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patterns, including: the Doormat, the Critic, the Smotherer, the Avenger, the Deserter • To understand that the daughter has a similar stake in either being a slave to or hating her mother—the two sides of her dependency and immaturity • To illustrate the responsive behavior—and survival mechanisms —of daughters, which is determined in part by such variables as birth rank, family history, and temperament, and which also falls into patterns, including: the Angel, the Superachiever, the Cipher, the Troublemaker, the Defector • To show how to redefine the mother-daughter relationship, so that each can learn to see and accept the other as she is today, appreciating each other's good qualities and not being snared by the bad • Finally, to demonstrate that a redefined

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relationship with one's mother—adult to adult—frees you from the past, whether that redefinition ultimately results in real friendship, affectionate truce, or divorce.

From Susan Forward, Ph.D., the New York Times bestselling author of *Toxic Parents and Men Who Hate Women and the Women Who Love Them*, comes a practical and powerful book that will help couples cope with terrible and toxic in-laws. Toxic in-laws are in-laws who create genuine chaos through various assaults—aggressive or subtle—on you and your marriage. Toxic in-laws come in a wide variety of guises:

“ The Critics, ” who tell you what you're doing wrong; “ The Controllers, ” who try to run you and your partner's life; “ The Engulfers, ”

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who make incessant demands on your time; “ The Masters of Chaos, ” who drain you and your partner with their problems; and “ The Rejecters, ” who let you know they don't want you as part of their family. Susan Forward draws on real-life voices and stories of both women and men struggling to free themselves from the frustrating, hurtful, and infuriating relationships with their toxic in-laws. Dr. Forward offers highly effective communication and behavioral techniques for getting through to partners who won't or can't stand up to their parents. Next, she lays out accessible and practical ways to reclaim your marriage from your in-laws. She shows you what to say, what to do, and what limits to set. If you follow these strategies, you may not turn toxic in-laws into the in-

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laws of your dreams, but you will find some peace in your relationship with them.

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

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When the People in Your Life Use

Fear, Obligation, and Guilt to

Manipulate You

Will I Ever be Good Enough?

Love Journal

Resolving the Most Complicated

Relationship of Your Life

(I Love Baby Books, Mother's Love

Book, Baby Books about Loving Life)