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Absent - Olivia K. Rice 2021-03-09

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.

The Emotionally Absent Mother - J. L. Anderson 2014-12-17

*****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

Healing the Child Within - Charles Whitfield
2010-01-01

Dr. Whitfield provides a clear and effective introduction to the basic principles of recovery. This book is a modern classic, as fresh and useful today as it was more than a decade ago when first published. Here, frontline physician and therapist Charles Whitfield describes the process of wounding that the Child Within (True Self) experiences and shows how to differentiate the True Self from the false self. He also describes the core issues of recovery and more. Other writings on this topic have come and gone, while *Healing the Child Within* has remained a strong introduction to recognizing and healing from the painful effects of childhood trauma. Highly recommended by therapists and survivors of trauma.

Recovering from Emotionally Immature Parents - Lindsay C. Gibson 2019-05-01

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.

Adult Children of Emotionally Immature Parents - Lindsay C. Gibson 2015-06-01

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

Summary of J.L. Anderson's The Emotionally Absent Mother - Everest Media,

2022-05-23T22:59:00Z

Please note: This is a companion version & not the original book. Sample Book Insights: #1 Emotional abandonment is when a parent does not provide the emotional nurturing a child needs. It is common for people to assume that such a loss will affect the adult child's life, but they rarely understand the impact emotional abandonment has on the present. #2 Emotionally absent mothers often expect their children to take care of them in some way. They might have relied on you for their emotional and physical well-being, and they might have demanded that you take care of younger siblings when you were actually too young for such a responsibility. #3 When you have been raised by an emotionally absent mother, you are really struggling with fear of abandonment. As a child, you needed your mother to develop a positive self-image, but she did not pay attention to you or spend any significant time with you. #4 To heal the scars from your childhood, you must first understand why it happened. You must recognize that the problem was never about you, but about your mother's own issues.

Will I Ever be Good Enough? - Karyl McBride 2008

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. *Running on Empty No More* - Jonice Webb 2017-11-07

"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?*

Childhood Emotional Neglect - Susan Garcia 2021-05-12

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!

Poisonous Parenting - Shea M. Dunham
2012-01-26

How does the toxicity associated with particular parenting styles affect attachment? How do the contaminated views of themselves that children of poisonous parents have affect their relationships into adulthood? Like physicians, clinicians do not want to amputate, but they sometimes find it necessary in order to preserve the health of the larger system. Poisonous Parenting shows clinicians how to recognize the effects of poisonous parenting in adult children and how to heal the scars created by parents' toxic attitudes and behaviors. Readers will come away from the book understanding ways to counteract the effects of poisonous parenting so

that clients can recover and lead a healthy life. They'll also learn techniques for determining when a relationship can be salvaged, when to proceed with caution, and when to disconnect in order to keep the poison from spreading.

Difficult Mothers: Understanding and Overcoming Their Power - Terri Apter
2012-05-07

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.

Healing from Trauma - Jasmin Cori LPC
2009-04-27

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.

The Inconsequential Child - Anthony Martino
2021-03-05

The Inconsequential Child is an intimate memoir of one man's journey of self-discovery. The book is written in the form of a letter where each chapter conveys one of the lessons the author has learned during his journey toward emotional well-being, love and hope. The book centers around a series of memories which were the basis of the author's personal psychoanalysis. The memories are written as he remembers them; in his voice, often in first-person, present tense. The author also offers both real-time and post analysis of the memories that have guided him through his journey. As such, the Inconsequential Child is not a self-help book. Instead, it is a book of possibility. The possibility

that you too can heal as you walk along your path toward self-discovery. Also, please note that the author is not a medical professional and he is using a pseudonym.

The Developmental Needs Meeting Strategy

- DNMS Institute, LLC 2009-02-01

Narcissistic Mothers - Afrodite Rossini

2020-11-03

"The awful thing that can happen to a child is to be raised by a narcissistic mother." Do you want to stop feeling guilty understanding how your narcissistic mother affected negatively your life and choices? You want to leave this toxic situation, but you don't know when and how? And on top of all that, you want to be fully healed? It's really difficult to share your experience in this case, because narcissists, and especially a narcissistic mother, can be very good at creating the perfect family image for outsiders looking in. This book is first step to forward, a step that i hope will make a difference in your life, because you deserve to finally find happiness !! A narcissistic mother is one who marginalizes and competes with the child. Imagine having a mother who sees you as a competition. She is threatened by anything you do and does not hide that fact. You would think that all mothers want the best for their child. However, some mothers are too selfish to care about their offspring. The mother sees the success or independence of a child as a threat. The child is forced to live in the mother's shadow and warned from doing anything that threatens the parent. How do you know when you have a narcissistic mother? This ultimate guide, "NARCISSISTIC MOTHERS," will help you answer that question and help you heal your past and prevent future abuse of a narcissistic mother. The following are the subjects to look out for inside: How to recognize a narcissist before becoming a victim Why some people attract narcissists more easily than others Narcissistic Mothers strategies of manipulation How Narcissistic Mothers affects your life Can Your Narcissistic Mother Change? Possible solutions, no contact and protect yourself Powerful strategies for self-healing, recovery, and freedom And many more! Narcissistic mothers have no limits and see nothing wrong with competing with their children. Even if you

were born in the wrong place, and you grew up dealing with a narcissistic mother, you can leave the past behind and build a better future. It's never too late, let's start now! This book will teach you how to leave this toxic relationship. You deserve it! Ready to get started? Click "Buy Now"!

For Your Own Good - Alice Miller 2002-11-14

For Your Own Good, the contemporary classic exploring the serious if not gravely dangerous consequences parental cruelty can bring to bear on children everywhere, is one of the central works by Alice Miller, the celebrated Swiss psychoanalyst. With her typically lucid, strong, and poetic language, Miller investigates the personal stories and case histories of various self-destructive and/or violent individuals to expand on her theories about the long-term affects of abusive child-rearing. Her conclusions—on what sort of parenting can create a drug addict, or a murderer, or a Hitler—offer much insight, and make a good deal of sense, while also straying far from psychoanalytic dogma about human nature, which Miller vehemently rejects. This important study paints a shocking picture of the violent world—indeed, of the ever-more-violent world—that each generation helps to create when traditional upbringing, with its hidden cruelty, is perpetuated. The book also presents readers with useful solutions in this regard—namely, to resensitize the victimized child who has been trapped within the adult, and to unlock the emotional life that has been frozen in repression.

Understanding the Borderline Mother -

Christine Ann Lawson 2002

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

The Emotionally Absent Mother, Updated and Expanded Second Edition - Jasmin Lee Cori 2017-04-18

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)

Neglect-The Silent Abuser: How to Recognize and Heal from Childhood Neglect - Enod Gray 2019-02-13

The Emotionally Absent Mother, Updated and Expanded Second Edition - Jasmin Lee Cori 2017-04-18

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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)

Mothering Without a Map - Kathryn Black 2005-02-22

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>

The Joy of the Gospel - Pope Francis 2014-10-07

The perfect gift! A specially priced, beautifully designed hardcover edition of *The Joy of the Gospel* with a foreword by Robert Barron and an afterword by James Martin, SJ. “The joy of the gospel fills the hearts and lives of all who encounter Jesus... In this Exhortation I wish to encourage the Christian faithful to embark upon

a new chapter of evangelization marked by this joy, while pointing out new paths for the Church's journey in years to come." - Pope Francis This special edition of Pope Francis's popular message of hope explores themes that are important for believers in the 21st century. Examining the many obstacles to faith and what can be done to overcome those hurdles, he emphasizes the importance of service to God and all his creation. Advocating for "the homeless, the addicted, refugees, indigenous peoples, the elderly who are increasingly isolated and abandoned," the Holy Father shows us how to respond to poverty and current economic challenges that affect us locally and globally. Ultimately, Pope Francis demonstrates how to develop a more personal relationship with Jesus Christ, "to recognize the traces of God's Spirit in events great and small." Profound in its insight, yet warm and accessible in its tone, *The Joy of the Gospel* is a call to action to live a life motivated by divine love and, in turn, to experience heaven on earth. Includes a foreword by Robert Barron, author of *Catholicism: A Journey to the Heart of the Faith* and James Martin, SJ, author of *Jesus: A Pilgrimage*

The Emotionally Absent Mother - Michele Gilbert 2015-04-07

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

Mothers Who Can't Love - Susan Forward
2013-10-01

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.

[Daughter Detox](#) - Peg Streep 2017

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.

Toxic Parents - Susan Forward 2009-12-16

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

Discovering the Inner Mother - Bethany Webster 2021-01-05

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.

Emotional Neglect and the Adult in Therapy: Lifelong Consequences to a Lack of Early Attunement - Kathrin A. Stauffer 2020-11-17

A clinical examination of the ways in which early neglect can impact adults throughout their lives, and suggestions for therapists on how to help. People who have experienced emotional neglect in the first months and years of life suffer negative consequences into adulthood. As adult psychotherapy clients, they require long-term work and delicate emotional attunement as well as a profound understanding of the experiences that have shaped their inner worlds. This book provides therapists with an in-depth view of the subjective experience of such "ignored children" and a range of possible theoretical models to help understand key features of their psychological functioning. Kathrin A. Stauffer presents do's and don't's of psychotherapy with such clients. She draws on broad clinical experience to help psychotherapeutic professionals deepen their understanding of "ignored children" and outlines available neurobiological and psychological data to assist therapists in designing effective therapeutic interventions.

The Drama of the Gifted Child - Alice Miller
2008-12-15

The bestselling book on childhood trauma and the enduring effects of repressed anger and pain. Why are many of the most successful people plagued by feelings of emptiness and alienation? This wise and profound book has provided millions of readers with an answer--and has helped them to apply it to their own lives. Far too many of us had to learn as children to hide our own feelings, needs, and memories skillfully in order to meet our parents' expectations and win their "love." Alice Miller writes, "When I used the word 'gifted' in the title, I had in mind neither children who receive high grades in school nor children talented in a special way. I simply meant all of us who have survived an abusive childhood thanks to an ability to adapt even to unspeakable cruelty by becoming numb.... Without this 'gift' offered us by nature, we would not have survived." But merely surviving is not enough. *The Drama of the Gifted Child* helps us to reclaim our life by discovering our own crucial needs and our own truth.

Mother Hunger - Kelly McDaniel 2021-07-20
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 aching, lonely emptiness, and come home to herself.

Growing Up Again - Jean Illsley Clarke
2009-07-31

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.

Parenting Matters - National Academies of Sciences, Engineering, and Medicine 2016-11-21
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.

Healing Developmental Trauma - Laurence Heller, Ph.D. 2012-09-25

Written for those working to heal developmental trauma and seeking new tools for self-awareness and growth, this book focuses on conflicts surrounding the capacity for connection. Explaining that an impaired capacity for connection to self and to others and the ensuing diminished aliveness are the hidden dimensions that underlie most psychological and many physiological problems, clinicians Laurence

Heller and Aline LaPierre introduce the NeuroAffective Relational Model® (NARM), a unified approach to developmental, attachment, and shock trauma that, while not ignoring a person's past, emphasizes working in the present moment. NARM is a somatically based psychotherapy that helps bring into awareness the parts of self that are disorganized and dysfunctional without making the regressed, dysfunctional elements the primary theme of the therapy. It emphasizes a person's strengths, capacities, resources, and resiliency and is a powerful tool for working with both nervous system regulation and distortions of identity such as low self-esteem, shame, and chronic self-judgment.

Treating Adult Survivors of Childhood Emotional Abuse and Neglect - Elizabeth K. Hopper 2018-11-08

Grounded in 40 years of clinical practice and research, this book provides a systematic yet flexible evidence-informed framework for treating adult survivors of complex trauma, particularly those exposed to chronic emotional abuse or neglect. Component-based psychotherapy (CBP) addresses four primary treatment components that can be tailored to each client's unique needs--relationship, regulation, dissociative parts, and narrative. Vivid extended case examples illustrate CBP intervention strategies and bring to life both the client's and therapist's internal experiences. The appendix features a reproducible multipage clinician self-assessment tool that can be downloaded and printed in a convenient 8 1/2" x 11" size. See also *Treating Traumatic Stress in Children and Adolescents, Second Edition*, by Margaret E. Blaustein and Kristine M. Kinniburgh, which presents a complementary approach also developed at The Trauma Center at Justice Resource Institute.

Healing Trauma - Peter A. Levine 2012-06-11
Researchers have shown that survivors of accidents, disaster, and childhood trauma often endure lifelong symptoms ranging from anxiety and depression to unexplained physical pain, fatigue, illness, and harmful "acting out" behaviors. Today, professionals and clients in both the bodywork and the psychotherapeutic fields nationwide are turning to Peter A. Levine's breakthrough Somatic Experiencing® methods

to actively overcome these challenges. In *Healing Trauma*, Dr. Levine gives you the personal how-to guide for using the theory he first introduced in his highly acclaimed work *Waking the Tiger*. Join him to discover: how to develop body awareness to "renegotiate" and heal traumas by "revisiting" them rather than reliving them; emergency "first-aid" measures for times of distress; and nature's lessons for uncovering the physiological roots of your emotions." Trauma is a fact of life," teaches Peter Levine, "but it doesn't have to be a life sentence." Now, with one fully integrated self-healing tool, he shares his essential methods to address unexplained symptoms of trauma at their source—the body—to return us to the natural state in which we are meant to live in.

Contents Introduction: A Tiger Shows the Way Chapter One: What is Trauma? Chapter Two: The Causes and Symptoms of Trauma Chapter Three: How Trauma Affects the Body Chapter Four: Twelve-Phase Healing Trauma Program: A Guide to the Audio Exercises Chapter Five: Sexual Trauma: Sexual Trauma: Healing the Sacred Wound Chapter Six: Spirituality and Trauma: Pathway to Awakening Helpful Tips and Techniques for Preventing Trauma Additional Resources About the Author About Sounds True Excerpt Trauma is the most avoided, ignored, denied, misunderstood, and untreated cause of human suffering. When I use the word trauma, I am talking here about the often debilitating symptoms that many people suffer from in the aftermath of perceived life-threatening or overwhelming experiences. Recently, trauma has been used as a buzzword to replace everyday stress, as in, "I had a traumatic day at work." However, this use is completely misleading. While it is true that all traumatic events are stressful, all stressful events are not traumatic. Unique to Each Individual When it comes to trauma, no two people are exactly alike. What proves harmful over the long term to one person may be exhilarating to another. There are many factors involved in the wide range of response to threat. These responses depend upon genetic make-up, an individual's history of trauma, even his or her family dynamics. It is vital that we appreciate these differences. Simply knowing that certain kinds of early childhood experiences can severely diminish our ability to cope and be

present in the world may elicit compassion and support rather than harsh judgment, both for ourselves and for others. Perhaps the most important thing I have learned about trauma is that people, especially children, can be overwhelmed by what we usually think of as common everyday events. Until recently, our understanding of trauma was limited to “shell-shocked” soldiers who have been devastated by war, victims of severe abuse or violence, and those who have suffered catastrophic accidents and injuries. This narrow view could not be further from the truth. The fact is that, over time, a series of seemingly minor mishaps can have a damaging effect on a person. Trauma does not have to stem from a major catastrophe. Some common triggering events include:

- Automobile accidents (even fender benders)
- Routine invasive medical procedures
- Loss of loved ones
- Natural disasters, such as earthquakes and hurricanes

Even falling off a bicycle can be overwhelming to a child under certain circumstances. We will discuss those circumstances later. For now, I will simply say that almost all of us have experienced some form of trauma, either directly or indirectly.

Mothering Ourselves - Evelyn Bassoff 1992

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.

Longing for Daddy - Monique Robinson
2009-01-20

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.

How to Heal Your Inner Child - Simon Chapple
2021-12-09

'A masterclass in understanding' ANNIE GRACE, author of *This Naked Mind* Ten questions to ask yourself, right now:

- * Do you have a sense that something is wrong, but you don't know what it is?
- * Do you have a feeling that you are hollow inside, that you are empty or have a void within?
- * Do you react badly to rejection?
- * Do you often feel sad, unhappy or down for no obvious reason?
- * Would you describe yourself as highly sensitive?
- * Do you have problems with relationships and intimacy?
- * Do you engage in addictive behaviour - alcohol, drugs, gambling, shopping, food, sex, work, exercise?
- * Do you have low self-esteem or self-worth - are you not 'good enough'?
- * Do you have a sense of being numb to your feelings?
- * Do you rarely experience true joy and happiness?

If you have answered 'yes' to most of these questions, there is a strong chance you have experienced emotional neglect or trauma as a child. An emotionally neglected child may struggle to form strong and secure attachments as an adult. They may feel hollow or empty, worthless (or overly important), judge themselves harshly and struggle with addictive tendencies - drinking, eating or exercising too much, for example. If this describes you, *Heal Your Inner Child* will change your life and give you back the love, compassion and authenticity you needed as a child, and deserve as an adult. Former heavy drinker turned sobriety coach Simon Chapple is - like you - a survivor of childhood trauma. His unique brand of straight-talking, practical yet reflective and relatable advice has helped thousands of people quit drinking, and he can help you now to move on from childhood

emotional neglect to a place of happiness free from past trauma. *How to Heal Your Inner Child* is a stepped and safe approach to confronting your past, with space for reflective and supportive strategies that will help you to foster self-compassion and break free from the destructive behaviours that have blighted your life. Clinically endorsed and verified by a psychotherapist, this deeply personal, unflinchingly honest exploration is designed to unlock your own epiphany and support you as you journey to a happier, less troubled and more authentic self.

Running on Empty - Jonice Webb 2012-10-01
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.

Mindful Anger: A Pathway to Emotional Freedom - Andrea Brandt 2014-03-31

Describes how hidden, buried anger might be causing physical and emotional problems including headaches, digestive problems and insomnia and explains how to practice mindfulness to release the pent-up emotions before they become unhealthy.