

# File Type PDF The Emotionally Absent Mother

## **The Emotionally Absent Mother**

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92: The Emotionally Absent Mother \u0026amp; The Effects of Childhood Emotional Neglect  
*The Emotionally Absent Mother (Audiobook) by Jasmin Lee Cori MS LPC* **Emotionally Unavailable Mother | Kati**

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~~Morton Dealing with Damage from an Emotionally Absent Mother | Low Self Esteem~~  
*Adult Children Of Emotionally Detached \u0026amp; Toxic Parents: The Consequences How to overcome Childhood Emotional Neglect*

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*/ Kati Morton 6 Signs You Were Raised By an Absent Parent Conducting a Quick Screen for Trauma - Child Interview Emotional Unavailability and Being \ "Nice\ " Toxic Attachment Trauma After Emotional*

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*Neglect* Emotional  
Unavailability and Delayed  
Responding ~~Anger Rooted in  
Yesterday's Rage: (Childhood  
Emotional Neglect and  
Attachment Trauma)~~ Childhood  
Emotional Neglect | 15 Signs  
You've Been Through



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~~Invisible Trauma~~ *The 6 Signs of High Functioning Depression | Kati Morton* ~~10~~  
~~Mental Illness Signs You Should Not Ignore~~ *What is Avoidant Personality Disorder? The Codependent Mother (Empathic Daughter) -*

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~~Own Your Own Freedom Feeling  
Empty Inside For No Reason?~~

~~| 10 Signs That You Were  
Emotionally Neglected In  
Childhood~~ **Emotionally**

**Unavailable Mothers Who  
Pretend To OVERLOVE (Ask A  
Shrink) The Impact of Early**

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**Emotional Neglect** ~~HEALING~~  
~~THE MOTHER WOUND THAT HAS~~  
~~LEFT US ABANDONED~~ and  
~~FEELING UNLOVED~~ *Traumatic*  
*Impact Of Emotionally*  
*Detached Parents*  
*-Psychotherapy Crash Course*  
~~Dissociative Disorders~~

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~~Brought On By Childhood  
Neglect 7 Signs Your Parents  
Are Emotionally Immature How  
Your Emotionally Distant  
Parents Affect Your Mental  
Health Consequences:  
Emotionally Detached Parents  
-Psychotherapy Crash Course~~

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The \"Mother Wound\" and  
Your Perpetual Unhappiness.  
Overcome Your Childhood  
Trauma

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7 Ways To Overcome Childhood  
Emotional Neglect  
~~The Emotionally Unavailable  
Partner | Dismissive~~

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~~Avoidant Attachment Style~~

~~(In Depth + Childhood)~~

~~Daughters of Emotionally~~

~~Distant Fathers The~~

*Emotionally Absent Mother*

"The Emotionally Absent

Mother" will help you

understand what was missing

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from your childhood, how this relates to your mother's own history, and how you can fill the mother gap by:

- \* Examining the past with compassion for yourself and your mother\*
- \* Finding the child inside of you and

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learning to mother yourself\*  
Opening to the archetype of  
the Good Mother\* Allowing  
friends and loved ones to  
provide support, guidance,  
and other elements of good  
mothering that you  
missedThrough reflections



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...

*The Emotionally Absent Mother: A Guide to Self Healing and ...*

It is then difficult to maintain a relationship with her as an adult. The

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Emotionally Absent Mother helps readers understand why their mother was so unable to provide what many others were able to. This expanded edition will describe how to:

- \*Identify the impacts of emotional neglect and abuse

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\*Assess options for your adult relationship with mother\*Find the child inside of you and learn to mother that child \*Take charge of your healing and learn to make up for what you missedThrough reflections

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...

*The Emotionally Absent Mother: How to Recognize and Heal ...*

One of the conundrums for the daughter of the emotionally unavailable

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mother is puzzling through  
how her mother can be  
physically present and  
emotionally absent at once.

*How to Recover from an  
Emotionally Unavailable  
Mother ...*

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How to Heal From a Mother's Emotional Rejection Research the issue. Read as much as you can about emotional neglect and cold mother syndrome. You might start with the... Talk it out. Find sympathetic people to

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talk to. Confide in the  
people closest to you. Seek  
out other women who have...  
Write ...

*How an Emotionally Absent  
Mother Impacts Her  
Daughter's ...*

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Having an emotionally absent mother is a common cause, which happens far more than you might imagine. Many adults may not even consider under-mothering the source of their troubled emotional patterns or unhealthy



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behaviors. Or they live in denial because it's too painful to face the truth about this dimension of emotional neglect.

*Emotionally Absent Mother?  
How to Heal Childhood*

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*Emotional ...*

Strong women with self-esteem end a friendship when it's not a match. We daughters of emotionally absent mothers, though, often struggle to extricate ourselves from bad

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relationships. Although we feel trapped in them, we don't want to hurt anyone so we deny our feelings, stay put, and suffer.

*Emotionally Absent Mothers:  
10 Ways for Their Damaged*

*Page 27/101*

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...

' Emotionally unavailable mother ' to me is just a fancy psychological way of saying cold-hearted and unfeeling. But what is the difference between a mother who struggles sometimes to

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show her love and one that is emotionally unavailable? I can only tell you my story and it may appear cold and matter-of-fact.

*I Had an Emotionally  
Unavailable Mother and*

*Page 29/101*

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*Here's What It ...*

Being raised by an emotionally unavailable mother can be extremely troublesome for the development of a child's social skills, due to the lack of practice they have

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in giving and receiving love. And while emotionally absent mothers can still provide practical support, they often give the impression that they aren't fully present.

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*Having an Emotionally Unavailable Mother | Private Therapy ...*

5 Ways for Daughters to Heal From an Emotionally Absent Mother 1. Find a Mother Figure. We wound ourselves when we only look for



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mothering from one person—our biological moms. The... 2. Mother Yourself. I didn't treat myself well, and it was catching up to me. I didn't eat right, make time for... 3. ...

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*5 Ways for Daughters to Heal  
From an Emotionally Absent  
Mother*

When children are raised with emotionally unavailable parents, they never learn how to communicate their emotions. This leads to

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children carrying this misunderstanding of emotions into adulthood. One of the most common behaviors of an adult with emotionally unavailable parents is a lack of understanding about their own emotions.

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*9 Adult Behaviors of Someone That Had Emotionally ...*

Was your mother too busy, too tired, or too checked-out to provide you with the nurturing you needed as a child? Men and women who

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were “undermothered” as children often struggle with intimate relationships, in part because of their unmet need for maternal care.

*The Emotionally Absent Mother: A Guide to Self-*

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*Healing and ...*

As difficult as it is to believe, emotionally unavailable parents have a host of their own problems that might go back as far as their own childhood. There is often a deficit in

# File Type PDF The Emotionally Absent Mother parents who are...

*7 Consequences of Having an  
Emotionally Detached Parent*  
Often, the grown children of  
emotionally absent mothers  
can't quite put a finger on  
what's missing from their

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lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting, harmful effects. Cori has many insights regarding emotional neglect by moms. A few pertinent



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quotes:

*If Your Mother Was Emotionally Absent - Minding Therapy*

"Jasmin Lee Cori has done a superb job of describing the importance of childhood

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attachment needs and the psychological wounds that get inflicted when an emotionally absent mother cannot meet those needs well enough. She has skillfully laid out clear steps wounded adults can take to identify

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their inner strengths and  
heal attachment wounds.

*The Emotionally Absent  
Mother, Updated and Expanded  
Second ...*

Emotionally unstable or  
unavailable parents are

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often permissive and would rather be the child's friend and not the parent.

Permissive parents fear the child will dislike them, lose respect, or...

*10 Signs Of Having An*

*Page 44/101*

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*Emotionally Unstable or Unavailable ...*

Emotional Problems Possible long-term consequences of an absent mother figure includes antisocial behavior, emotional problems and juvenile delinquency.

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Psychoanalyst John Bowlby believed that children arrive in the world biologically pre-programmed to form strong bonds with other people, as a means of survival.

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*The Effects of an Absent Mother Figure | Our Everyday Life*

Let's be real, when it comes to emotional wounds, the things we experience during childhood can have an adverse effect on how we

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navigate adulthood. The people who raise us (oftentimes parents) affect the way we are molded. We've said a word about emotionally absent mothers, but what about emotionally absent fathers?



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*11 'Habits' of People Who Grew Up With Emotionally Absent ...*

Audience Question is about Emotionally Unavailable Mothers "One topic I'd love for you to discuss on your

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channel someday is  
recovering from an  
emotionally a...

The groundbreaking guide to  
self-healing and getting the

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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

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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

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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:

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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

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gap" through reflections and exercises How to secure a happier future for yourself (and perhaps for your children)

Was your mother too busy,  
too tired, or too checked-

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out to provide you with the nurturing you needed as a child? Men and women who were "undermothered" as children often struggle with intimate relationships, in part because of their unmet need for maternal care. The



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Emotionally Absent Mother will help you understand what was missing from your childhood, how this relates to your mother's own history, and how you can fill the "mother gap" by: Examining the past with

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compassion for yourself and  
your mother Finding the  
child inside of you and  
learning to mother yourself  
Opening to the archetype of  
the Good Mother Allowing  
friends and loved ones to  
provide support, guidance,

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and other elements of good  
mothering that you missed  
Through reflections,  
exercises, and clear  
explanations,  
psychotherapist Jasmin Lee  
Cori helps adult sons and  
daughters heal the wounds

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left by mothers who failed to provide the essential ingredients that every child needs. She traces perceived personal "defects" back to mothering deficits, relieving self-blame. And, by teaching today's

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undermothered adults to cultivate the mothering they missed, she helps them secure a happier future—for themselves and their children.

\*\*\*\*\*LIMITED TIME

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# File Type PDF The Emotionally Absent Mother

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

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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

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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



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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

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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

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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

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Anger, Resentment and Hurt  
How to Separate Past  
Emotions from Your Current  
Situation Much, much more

Life for you hasn't been  
easy. You are currently in a  
relationship that is doing

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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

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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.

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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

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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



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Wasn't There... Deal With It  
Try Forgiveness Let the Past  
Stay There Embrace the  
Future Would You Like To  
Know More? Download your  
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"BUY" button

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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

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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

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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.

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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

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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

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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

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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



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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

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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-

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building, empowering love  
that will heal your hurts  
and fulfill your deepest  
longings.

With Mothers Who Can't Love:

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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

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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

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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

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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

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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



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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,

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Mothers Who Can't Love  
offers daughters the  
emotional support and tools  
they need to heal themselves  
and rebuild their confidence  
and self-respect.

If you grew up with an

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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

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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

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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

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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

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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

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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



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parent is withdrawn,  
dismissive, and derogatory.

Drawn from research and the  
real-life experiences of  
adult daughters, Mean  
Mothers illuminates one of  
the last cultural taboos:

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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

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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

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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.

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