

Mean Mothers Overcoming The Legacy Of Hurt By Peg Streep

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The Mom Factor - Henry Cloud 2009-09-01

From the very beginning, you relied on her for things no one else could give you. How she met those needs -- or didn't meet them -- affected you daily as a child. And still affects you profoundly as an adult. For every son or daughter who wonders if things should have been different . . . for every man or woman who wonders if they still couldn't be . . . here's a life-changing look at The Mom Factor. She shaped you in ways that would surprise you both. No one has influenced the person you are today like your mother. The way she handled your needs as a child has shaped your worldview, your relationships, your marriage, your career, your self-image -- your life. How can you identify areas that need reshaping, make positive choices for personal change, and establish a balanced, mature relationship with Mom today? In The Mom Factor, Drs. Henry Cloud and John Townsend steer you down a path of discovery and growth beyond the effects of six common mothering styles: -The Phantom Mom -The China-Doll Mom -The Controlling Mom -The Trophy Mom -The Still-the-Boss Mom -The American-Express Mom -- Cloud and Townsend show you how your mom affected you as a child and may still be affecting you today. You'll find a hopeful, realistic, and empowering approach to identifying your unmet mothering needs and filling them in healthy, life-changing ways through other people. This

encouraging book doesn't just help you understand areas in your life that need change and strengthening -- it helps you apply your discoveries to attain new freedom and joy in living, and an increased ability to give and receive love. The Mom Factor is a biblical, highly practical route to wholeness and growth, deeper and more satisfying bonds with your family, friends, and spouse -- and a new, healthier way of relating to your mother today.

When He's Married to Mom - Kenneth M. Adams 2007-03-26

When a Woman Is in an Emotional Tug-of-War for Her Man's Heart Why can't he commit? Many women find themselves asking this question when in love with a man who won't get married, won't stop womanizing, or refuses to give up his sex addictions. Often this kind of man is bound by an unhealthy attachment to his mother. This phenomenon is called "mother-son enmeshment." In When He's Married to Mom, clinical psychologist and renowned intimacy expert Dr. Kenneth M. Adams goes beyond the stereotypes of momma's boys and meddling mothers to explain how mother-son enmeshment affects everyone: the mother, the son, and the woman who loves him. In his twenty-five years of practice, Dr. Adams has successfully treated hundreds of enmeshed men and shares their stories in this informative guide. He provides proven methods to make things better, including:

-- Guidelines to help women create fulfilling relationships with mother-enmeshed men -- Tools to help mother-enmeshed men have healthy and successful dating experiences leading to serious relationships and marriage -- Strategies to help parents avoid enmeshing their children When He's Married to Mom provides practical and compassionate advice to the women who are involved with mother-enmeshed men, to the mothers who wish to set them free, and to the men themselves.

The Not Good Enough Mother - Sharon Lamb
2019-06-25

A psychologist who evaluates the fitness of parents when their children have been removed from their custody finds herself reassessing her own mothering when her son falls victim to the opioid crisis. Psychologist and expert witness Dr. Sharon Lamb evaluates parents, particularly in high-stakes cases concerning the termination of parental rights. The conclusions she reaches can mean that some children are returned home from foster homes. Others are freed for adoption. Well-trained, Lamb generally can decide what's in the best interests of the child. But when her son's struggle with opioid addiction comes to light, she starts to doubt her right to make judgments about other mothers. As an expert, a professor, and a mother, Lamb gives voice to the near impossible standards demanded by a society prone to blame mothers when anything befalls their children. She describes vividly the plight of individual parents, mothers in particular, struggling with addiction and mental illness and trying to make stable homes for their kids amid the economic and emotional turmoil of their lives—all in the context of the opioid epidemic that has ravaged her home state of Vermont. In her office, during visits with their children, and in the family court, the parents we meet wait anxiously for Lamb's verdict: Have they turned their lives around under child welfare's watchful eye? Do they understand their children's needs? In short, are they good enough? But what is good enough? Lamb turns that question on herself in the midst of her gradual realization of her son's opioid addiction. Amazed at her own denial, feeling powerless to help him, Lamb confronts the heartache she can bring into the lives of others and her power to tear families apart.

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.

Mastering the Art of Quitting - Peg Streep
2013-12-24

Find out why the happiest, most successful people have the ability both to persist and to quit. In a culture that perceives quitting as a last resort and urges us to hang in, *Mastering the Art of Quitting* tackles our tendencies to overanalyze, ruminate, and put a positive spin on goals that have outlived their usefulness. Bestselling author Peg Streep and psychotherapist Alan Bernstein demonstrate that persistence alone isn't always the answer. We also need to be able to quit to get the most out of life. They reveal simple truths that apply to goal setting and achievement in all areas of life, including love, relationships, and work: Quitting promotes growth and learning, as well as the ability to frame new goals. Without the ability to give up, most people will end up in a discouraging loop. The most satisfied people know when it's time to stop persisting and start quitting. Quitting is a healthy, adaptive response when a goal can't be reached. Featuring compelling stories of people who successfully quit, along with helpful questionnaires and goal maps to guide you on the right path, *Mastering the Art of Quitting* allows you to evaluate whether your goals are working for or against you, and whether you need to rechart certain

aspects of your life. When is it time to stop persisting and start quitting? Take a moment and answer the following questions. Just thinking about the answers will give you insight into your ability to quit artfully and restart your life. Do you believe that "winners never quit and quitters never win"? How realistic are you when it comes to setting goals? What matters more: staying the course or exploring new possibilities in life? How much of your sense of self relies on other people's judgments? Do you tend to hang in longer than you should, even when you're unhappy? When you try something new, do you focus on the effort you have to put in or the possibility of failure? Are you a procrastinator or a delayer when it comes to getting things done? How much do you worry about making a mistake? Do you second-guess yourself? How hard is it for you to get over a setback?

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, 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 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.

Mean Mothers - Peg Streep 2009-10-13

An exploration of the darker side of maternal behavior drawn from scientific research, psychology, and the real-life experiences of adult daughters, *Mean Mothers* sheds light on one of the last cultural taboos: what happens when a woman doesn't or can't love her daughter. *Mean Mothers* reveals the multigenerational thread that often runs through these stories—many unloving mothers are the daughters of unloving

or hypercritical women—and explores what happens to a daughter's sense of self and to her relationships when her mother is emotionally absent or even cruel. But *Mean Mothers* is also a narrative of hope, recounting how daughters can get past the legacy of hurt to become whole within and to become loving mothers to the next generation of daughters. The personal stories of unloved daughters and sons and those of the author herself, are both unflinching and moving, and bring this most difficult of subjects to life. *Mean Mothers* isn't just a book for daughters who've had difficult or impossible relationships with their mothers. By exposing the myths of motherhood that prevent us from talking about the women for whom mothering a daughter is fraught with ambivalence, tension, or even jealousy, *Mean Mothers* also casts a different light on the extraordinary influence mothers have over their female children as well as the psychological complexity and emotional depth of the mother-daughter relationship.

Girl in the Mirror - Nancy L. Snyderman
2002-02-06

From the bestselling author of *Necessary Journeys* -- here is the book every mother of a maturing girl will need to have on her shelf. "Just as we once peered over the crib rails to search our newborn daughters' faces for signs of personality or family resemblance, so too, during the years of adolescence, mother and daughter alike will look into the mirror of each other's faces, searching for hints of their past and future selves, of resemblance and connection, as part of a journey of self discovery . . ." --excerpt from *Girl in the Mirror* Drawing on the latest research and interviews with experts in different fields, *Girl in the Mirror* sheds new light on one of life's most important passages, the journey that is adolescence. Unlike other books, *Girl in the Mirror* focuses on the interaction between mother and daughter during this decade-long process, and illuminates how both the mother and her understanding of her parental role need to evolve and change as her child enters a new and crucial phase of emotional and psychic growth. A recognized authority in the field of women's health, Dr. Snyderman lays to rest some of the myths about adolescence, among them: -- "raging" hormones and inevitable rebellion --the meaning of adolescent "autonomy" --the

adolescent girl's need for "separation" from her mother --the negative role of peer influences Filled with practical wisdom and stories drawn not only from her experience with her own two adolescent daughters but those of other mothers from around the country, *Girl in the Mirror* offers readers a new vision: To see the years of adolescence as a time not of conflict but of opportunity for personal and spiritual growth for mothers and daughters alike.

Her Mother's Hope - Francine Rivers
2010-03-16

Book one in the bestselling series that has captivated millions of readers around the world! A *New York Times*, *USA Today*, and *Publisher's Weekly* bestseller. "Her Mother's Hope has all the meaty elements of a blockbuster." —*Denver Post* The first in a two-book family saga by the beloved author of *Redeeming Love* and *The Masterpiece*, *Her Mother's Hope* is a rich, moving epic about faith and dreams, heartache and disappointment, and the legacy of love passed down through four generations in one family. Near the turn of the twentieth century, fiery Marta Schneider leaves Switzerland for a better life, determined to fulfill her mother's hope. Her formative journey takes her through Europe and eventually to Canada, where she meets handsome Niclas Waltert. But nothing has prepared her for the sacrifices she must make for marriage and motherhood as she travels to the Canadian wilderness and then to the dusty Central Valley of California to raise her family. Marta's hope is to give her children a better life, but experience has taught her that only the strong survive. Her tough love is often misunderstood, especially by her oldest daughter, Hildemara Rose, who craves her mother's acceptance. Amid the drama of World War II, Hildie falls in love and begins a family of her own. But unexpected and tragic events force mother and daughter to face their own shortcomings and the ever-widening chasm that threatens to separate them forever. "Emotionally rich. . . . As her compelling characters seek to do what they feel their faith demands, Rivers sets their resonant struggles against dusty streets, windswept Canadian plains, and California vineyards in vivid scenes readers will not soon forget." —*Booklist*, starred review "Writers like Rivers are why people buy Christian fiction: it's

dramatic, engaging . . . [and] this well-told tale will have readers eagerly awaiting the story's resolution." —Publishers Weekly

The Daughter Detox Guided Journal and Workbook - Peg Streep 2018-02-28

A companion volume to the well-received *Daughter Detox: Recovering from an Unloving Mother and Reclaiming Your life*, this 200-page book will support your efforts at healing and recovery through unique and specially crafted exercises and prompted journal pages designed to clarify your thinking and enable you to see how your childhood experiences affect you in the here and now. The *Daughter Detox Guided Journal and Workbook* will permit you to explore your thoughts and feelings without feeling the pressure that a traditional journal with its blank pages often induces. The *Guided Journal and Workbook* follows the same seven stages of healing as *Daughter Detox* but in a much more active and participatory manner; this is a book in which reading is less important than activity. In each of the sections of the *Workbook*—DISCOVER, DISCERN, DISTINGUISH, DISARM, RECLAIM, REDIRECT, RECOVER—you will encounter a progressive series of exercises, each of which will push you closer to understanding by making the unconscious conscious and motivate you to start changing the behaviors that are getting in the way of your happiness and fulfillment. Among the skills the exercises and journal entries are meant to bolster and grow are: * Seeing yourself with clarity, and not as others have defined you * Listening and paying attention to your inner thoughts * Strengthening and expanding your emotional intelligence * Becoming better at articulating your needs in a relationship * Choosing relationships that work for you and enrich your life * Using visualization to calm yourself in times of stress * Getting in touch with the signals your body is sending you * Curbing your reactivity and managing your emotions productively

Daughters of Divorce - Terry Gaspard 2016-01-19
Restore your faith in love and build healthy, successful relationships with this essential guide for every woman haunted by her parents' divorce. Silver Medal Independent Publisher's Award Winner of the Best Book Award in "Self-Help: Relationships" Over 40 percent of Americans ages eighteen to forty are children of

divorce. Yet women with divorced parents are more than twice as likely than men to get divorced themselves and struggle in romantic relationships. In this powerful, uplifting guide, mother-daughter team Terry and Tracy draws on thirty years of clinical practice and interviews with over 320 daughters of divorce to help you recognize and overcome the unique emotional issues that parental separation creates so you can build the happy, long-lasting relationships you deserve. Learn how to: Examine your parents' breakup from an adult perspective Heal the wounds of the past Recognize destructive dynamics in intimate relationships and take steps to change them Trust yourself and others by embracing vulnerability Create strong partnerships with their proven Seven Steps to a Successful Relationship Break the divorce legacy once and for all!

Why Does He Do That? - Lundy Bancroft
2003-09-02

In this groundbreaking bestseller, Lundy Bancroft—a counselor who specializes in working with abusive men—uses his knowledge about how abusers think to help women recognize when they are being controlled or devalued, and to find ways to get free of an abusive relationship. He says he loves you. So...why does he do that? You've asked yourself this question again and again. Now you have the chance to see inside the minds of angry and controlling men—and change your life. In *Why Does He Do That?* you will learn about: • The early warning signs of abuse • The nature of abusive thinking • Myths about abusers • Ten abusive personality types • The role of drugs and alcohol • What you can fix, and what you can't • And how to get out of an abusive relationship safely "This is without a doubt the most informative and useful book yet written on the subject of abusive men. Women who are armed with the insights found in these pages will be on the road to recovering control of their lives."—Jay G. Silverman, Ph.D., Director, Violence Prevention Programs, Harvard School of Public Health

Quitting (previously published as Mastering the Art of Quitting) - Peg Streep 2015-03-10

Find out why the happiest, most successful people have the ability both to persist and to quit Do you believe that "winners never quit and quitters never win"? Do you tend to hang in

longer than you should, even when you're unhappy? Our culture usually defines quitting as admitting defeat, but persistence isn't always the answer: When a goal is no longer useful, we need to be able to quit to get the most out of life. In *Quitting*, bestselling author Peg Streep and psychotherapist Alan Bernstein reveal simple truths that apply to goal setting and achievement in all areas of life, including work, love, and relationships: Without the ability to give up, most people will end up in a discouraging loop. Quitting is a healthy, adaptive response when a goal can't be reached. Quitting permits growth and learning, as well as the ability to frame new goals. Featuring compelling stories of people who successfully quit, along with helpful questionnaires and goal maps to guide you on the right path, *Quitting* will help you evaluate whether your goals are working for or against you, and whether you need to let go in order to start anew.

The Mother and Her Child - William Samuel Sadler 1916

I Don't Want to Talk About It - Terrence Real 1999-03-11

A revolutionary and hopeful look at depression as a silent epidemic in men that manifests as workaholism, alcoholism, rage, difficulty with intimacy, and abusive behavior by the cofounder of Harvard's Gender Research Project. Twenty years of experience treating men and their families has convinced psychotherapist Terrence Real that depression is a silent epidemic in men—that men hide their condition from family, friends, and themselves to avoid the stigma of depression's "un-manliness." Problems that we think of as typically male—difficulty with intimacy, workaholism, alcoholism, abusive behavior, and rage—are really attempts to escape depression. And these escape attempts only hurt the people men love and pass their condition on to their children. This groundbreaking book is the "pathway out of darkness" that these men and their families seek. Real reveals how men can unearth their pain, heal themselves, restore relationships, and break the legacy of abuse. He mixes penetrating analysis with compelling tales of his patients and even his own experiences with depression as the son of a violent, depressed father and the father

of two young sons.

Surviving a Borderline Parent - Kimberlee Roth 2009-12

Those raised by a BPD parent endured a volatile and painful childhood. This book offers readers step-by-step guidance to understanding and overcoming the lasting effects of being raised by a person with this disorder. Readers discover coping strategies for dealing with low self-esteem, lack of trust, guilt, and hypersensitivity....

Crying in H Mart - Michelle Zauner 2021-04-20
NEW YORK TIMES BEST SELLER • From the indie rock sensation known as Japanese Breakfast, an unforgettable memoir about family, food, grief, love, and growing up Korean American—"in losing her mother and cooking to bring her back to life, Zauner became herself" (NPR) • CELEBRATING OVER ONE YEAR ON THE NEW YORK TIMES BEST SELLER LIST In this exquisite story of family, food, grief, and endurance, Michelle Zauner proves herself far more than a dazzling singer, songwriter, and guitarist. With humor and heart, she tells of growing up one of the few Asian American kids at her school in Eugene, Oregon; of struggling with her mother's particular, high expectations of her; of a painful adolescence; of treasured months spent in her grandmother's tiny apartment in Seoul, where she and her mother would bond, late at night, over heaping plates of food. As she grew up, moving to the East Coast for college, finding work in the restaurant industry, and performing gigs with her fledgling band--and meeting the man who would become her husband--her Koreanness began to feel ever more distant, even as she found the life she wanted to live. It was her mother's diagnosis of terminal cancer, when Michelle was twenty-five, that forced a reckoning with her identity and brought her to reclaim the gifts of taste, language, and history her mother had given her. Vivacious and plainspoken, lyrical and honest, Zauner's voice is as radiantly alive on the page as it is onstage. Rich with intimate anecdotes that will resonate widely, and complete with family photos, *Crying in H Mart* is a book to cherish, share, and reread.

Piecing Me Together - Renée Watson 2018-02-08

2018 Newbery Honor Book and Coretta Scott King Author Award Winner 'Important and deeply

moving' JOHN GREEN 'Timely and timeless'
JACQUELINE WOODSON Jade is a girl striving for success in a world that seems like it's trying to break her. She knows she needs to take every opportunity that comes her way. And she has: every day Jade rides the bus away from her friends to a private school where she feels like an outsider, but where she has plenty of opportunities. But some opportunities Jade could do without, like the mentor programme for 'at-risk' girls. Just because her mentor is black doesn't mean she understands where Jade is coming from. Why is Jade always seen as someone to fix? But with a college scholarship promised at the end of it, how can Jade say no? Jade feels like her life is made up of hundreds of conflicting pieces. Will it ever fit together? Will she ever find her place in the world? More than anything, Jade just wants the opportunity to be real, to make a difference. NPR's Best Books of 2017 A 2017 New York Public Library Best Teen Book of the Year Chicago Public Library's Best Books of 2017 A School Library Journal Best Book of 2017 Kirkus Reviews' Best Teen Books of 2017 2018 Josette Frank Award Winner

Why Be Happy When You Could Be Normal? - Jeanette Winterson 2012-03-06

A New York Times bestseller: The "magnificent" memoir by one of the bravest and most original writers of our time—"A tour de force of literature and love" (Vogue). Jeanette Winterson's bold and revelatory novels have established her as a major figure in world literature. Her internationally best-selling debut, *Oranges Are Not the Only Fruit*, tells the story of a young girl adopted by Pentecostal parents, and has become a staple of required reading in contemporary fiction classes. *Why Be Happy When You Could Be Normal?* is a "singular and electric" memoir about a life's work to find happiness (The New York Times). It is a book full of stories: about a girl locked out of her home, sitting on the doorstep all night; about a religious zealot disguised as a mother who has two sets of false teeth and a revolver in the dresser, waiting for Armageddon; about growing up in a north England industrial town now changed beyond recognition; about the universe as a cosmic dustbin. It is the story of how a painful past, rose to haunt the author later in life, sending her on a journey into madness and out again, in search of

her biological mother. It is also a book about the power of literature, showing how fiction and poetry can form a string of guiding lights, or a life raft that supports us when we are sinking. Witty, acute, fierce, and celebratory, *Why Be Happy When You Could Be Normal?* is a tough-minded story of the search for belonging—for love, identity, home, and a mother.

Between the World and Me - Ta-Nehisi Coates 2015-07-14

#1 NEW YORK TIMES BESTSELLER • NATIONAL BOOK AWARD WINNER • NAMED ONE OF TIME'S TEN BEST NONFICTION BOOKS OF THE DECADE • PULITZER PRIZE FINALIST • NATIONAL BOOK CRITICS CIRCLE AWARD FINALIST • ONE OF OPRAH'S "BOOKS THAT HELP ME THROUGH" • NOW AN HBO ORIGINAL SPECIAL EVENT Hailed by Toni Morrison as "required reading," a bold and personal literary exploration of America's racial history by "the most important essayist in a generation and a writer who changed the national political conversation about race" (Rolling Stone) NAMED ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE BY CNN • NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY The New York Times Book Review • O: The Oprah Magazine • The Washington Post • People • Entertainment Weekly • Vogue • Los Angeles Times • San Francisco Chronicle • Chicago Tribune • New York • Newsday • Library Journal • Publishers Weekly In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden? *Between the World and Me* is Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares with his son—and readers—the story of his awakening to

the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children's lives were taken as American plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage, *Between the World and Me* clearly illuminates the past, bravely confronts our present, and offers a transcendent vision for a way forward.

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.

The Astonishing Color of After - Emily X.R. Pan
2018-03-20

A stunning, heartbreaking debut novel about grief, love, and family, perfect for fans of Jandy Nelson and Celeste Ng. Leigh Chen Sanders is absolutely certain about one thing: When her

mother died by suicide, she turned into a bird. Leigh, who is half Asian and half white, travels to Taiwan to meet her maternal grandparents for the first time. There, she is determined to find her mother, the bird. In her search, she winds up chasing after ghosts, uncovering family secrets, and forging a new relationship with her grandparents. And as she grieves, she must try to reconcile the fact that on the same day she kissed her best friend and longtime secret crush, Axel, her mother was taking her own life.

Alternating between real and magic, past and present, friendship and romance, hope and despair, *The Astonishing Color of After* is a stunning and heartbreaking novel about finding oneself through family history, art, grief, and love. "Emily X.R. Pan's brilliantly crafted, harrowing first novel portrays the vast spectrum of love and grief with heart-wrenching beauty and candor. This is a very special book."--John Green, bestselling author of *The Fault in Our Stars* and *Turtles All the Way Down*

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

An essential work for readers seeking compassionate, wise guidance about the powerful relationship between mothers and their sons and daughters. Mother love is often seen as sacred, but for many children the relationship is a painful struggle. Using the newest research on human attachment and brain development, Terri Apter, an internationally acclaimed psychologist and writer, unlocks the mysteries of this complicated bond. She showcases the five different types of difficult mother—the angry mother, the controlling mother, the narcissistic mother, the envious mother, and the emotionally neglectful mother—and explains the patterns of behavior seen in each type. Apter also explores the dilemma at the heart of a difficult relationship: why a mother has such a powerful impact on us and why we continue to care about her responses long after we have outgrown our dependence. She then shows how we can conduct an “emotional audit” on ourselves to overcome the power of the complex feelings a difficult mother inflicts. In the end this book celebrates the great resilience of sons and daughters of difficult mothers as well as acknowledging their special challenges.

The Immortal Life of Henrietta Lacks - Rebecca Skloot 2010-02-02

#1 NEW YORK TIMES BESTSELLER • “The story of modern medicine and bioethics—and, indeed, race relations—is refracted beautifully, and movingly.”—Entertainment Weekly NOW A MAJOR MOTION PICTURE FROM HBO® STARRING OPRAH WINFREY AND ROSE BYRNE • ONE OF THE “MOST INFLUENTIAL” (CNN), “DEFINING” (LITHUB), AND “BEST” (THE PHILADELPHIA INQUIRER) BOOKS OF THE DECADE • ONE OF ESSENCE’S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS • WINNER OF THE CHICAGO TRIBUNE HEARTLAND PRIZE FOR NONFICTION NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • Entertainment Weekly • O: The Oprah Magazine • NPR • Financial Times • New York • Independent (U.K.) • Times (U.K.) • Publishers Weekly • Library Journal • Kirkus Reviews • Booklist • Globe and Mail Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became one of the most important tools in medicine: The first “immortal” human cells grown in culture, which are still alive today, though she has been dead for more than sixty years. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb’s effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions. Yet Henrietta Lacks remains virtually unknown, buried in an unmarked grave. Henrietta’s family did not learn of her “immortality” until more than twenty years after her death, when scientists investigating HeLa began using her husband and children in research without informed consent. And though the cells had launched a multimillion-dollar industry that sells human biological materials, her family never saw any of the profits. As Rebecca Skloot so brilliantly shows, the story of the Lacks family—past and present—is inextricably connected to the dark history of experimentation on African Americans, the birth of bioethics, and the legal battles over whether we control the stuff we are made of. Over the decade it took to uncover this story, Rebecca became enmeshed in the lives of the

Lacks family—especially Henrietta’s daughter Deborah. Deborah was consumed with questions: Had scientists cloned her mother? Had they killed her to harvest her cells? And if her mother was so important to medicine, why couldn’t her children afford health insurance? Intimate in feeling, astonishing in scope, and impossible to put down, *The Immortal Life of Henrietta Lacks* captures the beauty and drama of scientific discovery, as well as its human consequences.

The Death of Expertise - Tom Nichols 2017-02-01

Technology and increasing levels of education have exposed people to more information than ever before. These societal gains, however, have also helped fuel a surge in narcissistic and misguided intellectual egalitarianism that has crippled informed debates on any number of issues. Today, everyone knows everything: with only a quick trip through WebMD or Wikipedia, average citizens believe themselves to be on an equal intellectual footing with doctors and diplomats. All voices, even the most ridiculous, demand to be taken with equal seriousness, and any claim to the contrary is dismissed as undemocratic elitism. Tom Nichols' *The Death of Expertise* shows how this rejection of experts has occurred: the openness of the internet, the emergence of a customer satisfaction model in higher education, and the transformation of the news industry into a 24-hour entertainment machine, among other reasons. Paradoxically, the increasingly democratic dissemination of information, rather than producing an educated public, has instead created an army of ill-informed and angry citizens who denounce intellectual achievement. When ordinary citizens believe that no one knows more than anyone else, democratic institutions themselves are in danger of falling either to populism or to technocracy or, in the worst case, a combination of both. An update to the 2017 breakout hit, the paperback edition of *The Death of Expertise* provides a new foreword to cover the alarming exacerbation of these trends in the aftermath of Donald Trump's election. Judging from events on the ground since it first published, *The Death of Expertise* issues a warning about the stability and survival of modern democracy in the Information Age that is even more important today.

Those who Save Us - Jenna Blum 2004

Trudy Swenson, haunted by her German

heritage, embarks upon a deeper investigation of her past and uncovers secrets her mother has kept hidden for five decades.

Your Story Matters - Leslie Leyland Fields
2020-04-07

Your Story Matters presents a dynamic and spiritually formative process for understanding and redeeming the past in order to live well in the present and into the future. Leslie Leyland Fields has used and taught this practical and inspiring writing process for decades, helping people from all walks of life to access memory and sift through the truth of their stories. This is not just a book for writers. Each one of us has a story, and understanding God's work in our stories is a vital part of our faith. Through the spiritual practice of writing, we can "remember" his acts among us, "declare his glory among the nations," and pass on to others what we have witnessed of God in this life: the mysterious, the tragic, the miraculous, the ordinary. With a companion video curriculum from RightNow Media, this is a "why not" book as opposed to a "how to" book. Leslie asks each of us an important question: "Why not learn to tell your story, in the context of the grander story of God?"

The Cay - Theodore Taylor 2011-09-28

For fans of Hatchet and Island of the Blue Dolphins comes Theodore Taylor's classic bestseller and Lewis Carroll Shelf Award winner, *The Cay*. Phillip is excited when the Germans invade the small island of Curaçao. War has always been a game to him, and he's eager to glimpse it firsthand—until the freighter he and his mother are traveling to the United States on is torpedoed. When Phillip comes to, he is on a small raft in the middle of the sea. Besides Stew Cat, his only companion is an old West Indian, Timothy. Phillip remembers his mother's warning about black people: "They are different, and they live differently." But by the time the castaways arrive on a small island, Phillip's head injury has made him blind and dependent on Timothy. "Mr. Taylor has provided an exciting story...The idea that all humanity would benefit from this special form of color blindness permeates the whole book...The result is a story with a high ethical purpose but no sermon."—New York Times Book Review "A taut tightly compressed story of endurance and revelation...At once barbed and

tender, tense and fragile—as Timothy would say, 'outrageous good.'"—Kirkus Reviews * "Fully realized setting...artful, unobtrusive use of dialect...the representation of a hauntingly deep love, the poignancy of which is rarely achieved in children's literature."—School Library Journal, Starred "Starkly dramatic, believable and compelling."—Saturday Review "A tense and moving experience in reading."—Publishers Weekly "Eloquently underscores the intrinsic brotherhood of man."—Booklist "This is one of the best survival stories since Robinson Crusoe."—The Washington Star · A New York Times Best Book of the Year · A School Library Journal Best Book of the Year · A Horn Book Honor Book · An American Library Association Notable Book · A Publishers Weekly Children's Book to Remember · A Child Study Association's Pick of Children's Books of the Year · Jane Addams Book Award · Lewis Carroll Shelf Award · Commonwealth Club of California: Literature Award · Southern California Council on Literature for Children and Young People Award · Woodward School Annual Book Award · Friends of the Library Award, University of California at Irvine

When You and Your Mother Can't Be Friends - Victoria Secunda 2009-11-04

"A book of great value for every 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 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 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 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.

[If You Had Controlling Parents](#) - Dan Neuharth
2009-10-13

"Dan Neuharth's book demystifies much within our pasts that can hurt our intimate relationships in ways we may not even realize. *If You Had Controlling Parents* helps spark understanding and acceptance across generations." — John Gray, Ph.D., author of *Men Are from Mars, Women Are from Venus* Do you sometimes feel as if you are living your life to please others? Do you give other people the benefit of the doubt but second-guess yourself? Do you struggle with perfectionism, anxiety, lack of confidence, emotional emptiness, or eating disorders? In your intimate relationships, have you found it difficult to get close without losing your sense of self? If so, you may be among the fifteen million adults in the United States who were raised with unhealthy parental control. In this groundbreaking bestseller by accomplished family therapist Dan Neuharth, Ph.D., you'll

discover whether your parents controlled eating, appearance, speech, decisions, feelings, social life, and other aspects of your childhood—and whether that control may underlie problems you still struggle with in adulthood. Packed with inspiring case studies and dozens of practical suggestions, this book shows you how to leave home emotionally so you can improve assertiveness, boundaries, and confidence, quiet your "inner critics," and bring more balance to your moods and relationships. Offering compassion, not blame, Dr. Neuharth helps you make peace with your past and avoid overcontrolling your children and other loved ones.

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.

How Can I Get Through to You? - Terrence Real
2010-05-11

"What happened to the passion we started with? Why aren't we as close as we used to be?"

PROBLEM: If you are a woman who is unfulfilled in your marriage...if you feel unheard or overburdened...if you quietly live in a state of slow-burn resentment... PROBLEM: If you are a man unhappy that your partner seems so unhappy with you...if you feel bewildered, unappreciated, or betrayed... This book offers a solution

Bestselling author and nationally renowned therapist Terrence Real unearths the causes of communication blocks between men and women in this groundbreaking work. Relationships are in trouble; the demand for intimacy today must be met with new skills, and Real -- drawing on his pioneering work on male depression -- gives both men and women those skills, empowering women and connecting men, radically reversing the attitudes and emotional stumbling blocks of the patriarchal culture in which we were raised. Filled with powerful stories of the couples Real treats, no other relationship book is as straight talking or compelling in its innovative approach to healing wounds and

reconnecting partners with a new strength and understanding.

Motherless Daughters - Hope Edelman

2018-09-06

Ask any woman whose mother has died, and she will tell you that she is irrevocably altered, as deeply changed by her mother's death as she was by her mother's life. Although a mother's mortality is inevitable, no book had discussed the profound, lasting and far-reaching effects of this loss - until *Motherless Daughters*, which became an instant classic. Over twenty years later, it is still the book that women of all ages look to for comfort and understanding when their mothers die, and the book that they continue to press into each other's hands. Building on interviews with hundreds of mother-loss survivors, the author's personal story of losing her mother and recent research in grief and psychology, *Motherless Daughters* reveals the shared experiences and core identity issues of motherless women. * * * *

* * * 'Motherless Daughters is a timeless source of consolation and information for all who grieve the death of their mother. It highlights that we bear this loss by remembering, not forgetting our mother.'

JULIA SAMUEL, author of *Grief Works*
'Anyone who has lost their mother should read this remarkable, tender book, full of insight and consolation. This is one of those exceptional books that has the power to change your life.'

CLOVER STROUD, author of *The Wild Other*
'Nothing has helped me make more sense of myself than *Motherless Daughters*; it's the book I go back to again and again, and find something new in it every time.'

DECCA AITKENHEAD
'Intelligent, brave, consoling and wise . . . an essential and illuminating must-read for anyone who has lost a mother or loves someone who did.'

CHERYL STRAYED, author of *Wild*
'This book has helped me heal my heart. Finding myself in the stories of other motherless daughters let me know I was not alone. If you have lost your mom - this book is essential.'

ROSIE O'DONNELL
'Absorbing . . . insightful . . . a moving and valuable treatment of a neglected subject.'

NEW YORK TIMES BOOK REVIEW

[Difficult Mothers, Adult Daughters](#) - Karen C.L.

Anderson 2018-03-13

"An empowering book . . . strategies for 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 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 passionate 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

Mean Mothers - Peg Streep 2009-10-13

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

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.

Spiritual Gardening - Peg Streep 2003

Explores the creation of a garden sanctuary with practical advice on plant selection, color, creating pathways and gates, and sharing the space with wildlife.

Post Traumatic Slave Syndrome - Joy a Degruy 2017-09-11

In the 16th century, the beginning of African enslavement in the Americas until the ratification of the Thirteenth Amendment and emancipation in 1865, Africans were hunted like animals, captured, sold, tortured, and raped. They experienced the worst kind of physical, emotional, psychological, and spiritual abuse. Given such history, isn't it likely that many of the enslaved were severely traumatized? And did the trauma and the effects of such horrific abuse end with the abolition of slavery? Emancipation was followed by one hundred more years of institutionalized subjugation through the enactment of Black Codes and Jim Crow laws, peonage, convict leasing, domestic terrorism and lynching. Today the violations continue, and when combined with the crimes of the past, they result in yet unmeasured injury. What do repeated traumas, endured generation after generation by a people produce? What impact have these ordeals had on African Americans today? Dr. Joy DeGruy, answers these questions and more. With over thirty years of practical experience as a professional in the mental health field, Dr. DeGruy encourages African Americans to view their attitudes, assumptions, and behaviors through the lens of history and so gain a greater understanding of how centuries of slavery and oppression have impacted people of African descent in America. Post Traumatic Slave Syndrome helps to lay the necessary foundation to ensure the well-being and sustained health of future generations and provides a rare glimpse into the evolution of society's beliefs, feelings, attitudes and behavior concerning race in America.

Men Who Hate Women and the Women Who Love Them - Susan Forward 2011-07-20

Is this the way love is supposed to feel? • Does the man you love assume the right to control how you live and behave? • Have you given up important activities or people to keep him happy? • Is he extremely jealous and possessive? • Does he switch from charm to anger without warning? • Does he belittle your opinions, your feelings, or

your accomplishments? • Does he withdraw love, money, approval, or sex to punish you? • Does he blame you for everything that goes wrong in the relationship? • Do you find yourself “walking on eggs” and apologizing all the time? If the questions here reveal a familiar pattern, you may be in love with a misogynist — a man who loves you, yet causes you tremendous pain because he acts as if he hates you. In this superb self-help guide, Dr. Susan Forward draws on case histories and the voices of men and women trapped in

these negative relationships to help you understand your man’s destructive pattern and the part you play in it. She shows how to break the pattern, heal the hurt, regain your self-respect, and either rebuild your relationship or find the courage to love a truly loving man.

BONUS: This edition contains an excerpt from Susan Forward's Toxic Parents.

Altars Made Easy - Streep 1997-10-29

Gives step-by-step instructions on creating altars that focus energy and reflect the spirit.