

# The Emotionally Absent Mother

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.

**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)

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?*

**The Developmental Needs Meeting Strategy** DNMS Institute, LLC 2009-02-01

**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>

**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

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

**Summary of Jasmin Lee Cori's The Emotionally Absent Mother** Milkyway Media 2022-05-03

Please note: This is a companion version & not the original book. Book Preview: #1 The tree of life is a natural symbol for mothering. With its fruits and flowers, with birds and animals in and around it, it provides both shelter and supply. It is like a fountain of abundance. #2 We are made of our mothers, and we are shaped by them. The way we see ourselves and our sense of self-esteem are heavily influenced by our mother. She is not the only influence on us, but she and our interactions with her provide the basic building materials for all of these things. #3 The term mother can refer to any adult who takes on a caring, nurturing, and protective role in your life. This can include an adoptive mother, grandmother, or stepmother; even the right father can fill these shoes. #4 The goodenough mother is the one who provides enough for a child to have a good start in life. She is not always going to be perfect, but she must know how to make things right when she misses.

*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.

**Summary of Jasmin Lee Cori's *The Emotionally Absent Mother*** Everest Media, 2022-03-22T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The tree of life is a natural symbol for mothering. With its fruits and flowers, with birds and animals in and around it, it provides both shelter and supply. It is like a fountain of abundance. #2 We are made of our mothers, and we are shaped by them. The way we see ourselves and our sense of self-esteem are heavily influenced by our mother. She is not the only influence on us, but she and our interactions with her provide the basic building materials for all of these things. #3 The term mother can refer to any adult who takes on a caring, nurturing, and protective role in your life. This can include an adoptive mother, grandmother, or stepmother; even the right father can fill these shoes. #4 The good-enough mother is the one who provides enough for a child to have a good start in life. She is not always going to be perfect, but she must know how to make things right when she misses.

**A Nearly Normal Family** M. T. Edvardsson 2019-06-25 "...A compulsively readable tour de force." —The Wall Street Journal New York Times Book Review recommends M.T. Edvardsson's *A Nearly Normal Family* and lauds it as a "page-turner" that forces the reader to confront "the compromises we make with ourselves to be the people we believe our beloveds expect." (NYTimes Book Review Summer Reading Issue) M.T. Edvardsson's *A Nearly Normal Family* is a gripping legal thriller that forces the reader to consider: How far would you go to protect the ones you love? In this twisted

narrative of love and murder, a horrific crime makes a seemingly normal family question everything they thought they knew about their life—and one another. Eighteen-year-old Stella Sandell stands accused of the brutal murder of a man almost fifteen years her senior. She is an ordinary teenager from an upstanding local family. What reason could she have to know a shady businessman, let alone to kill him? Stella's father, a pastor, and mother, a criminal defense attorney, find their moral compasses tested as they defend their daughter, while struggling to understand why she is a suspect. Told in an unusual three-part structure, *A Nearly Normal Family* asks the questions: How well do you know your own children? How far would you go to protect them?

**Healing from the Emotionally Absent Mother** Christy Lincoln 2022-04-19 Make peace with your past and embrace your present Your relationship with your mother was central to your development. If her emotional care was lacking, it may have led to anxiety and self-esteem issues that persist into adulthood. This journal helps you examine the true impact of her emotional absence and teaches you strategies to work through the self-doubt and damage to your mental health. What sets *Healing from the Emotionally Absent Mother* apart from other journals: Powerful prompts--Reflect on your relationship with your mother through thought-provoking prompts that help you overcome feelings of sadness and shame so that you can start prioritizing your needs today. Effective exercises--Begin healing with exercises that emphasize self-care, like engaging in soothing mindfulness practices and compiling a list of healthy coping strategies. An inviting approach--Feel safe to explore your past openly and honestly with this welcoming journal that offers clinically proven guidance and a supportive tone. Acknowledge the impact of your mother's shortcomings and liberate yourself from the past with help from this healing journal.

*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.

*Are u ok?* Kati Morton 2018-12-11 Learn hands-on coping strategies for managing anxiety, depression, eating disorders, and other mental health concerns with this “compassionate” guide from a licensed therapist and YouTube personality (John Green). Get answers to your most common

questions about mental health and mental illness -- including anxiety, depression, bipolar and eating disorders, and more. Are u ok? walks readers through the most common questions about mental health and the process of getting help -- from finding the best therapist to navigating harmful and toxic relationships and everything in between. In the same down-to-earth, friendly tone that makes her videos so popular, licensed marriage and family therapist and YouTube sensation Kati Morton clarifies and destigmatizes the struggles so many of us go through and encourages readers to reach out for help.

**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.

**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.

**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. 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.

**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 compassionate prose—making her discoveries accessible to women struggling to redefine their own challenging relationships with their mothers. Learn: · Why mothers and daughters can have difficult relationships · How to heal and transform your mother “wounds” · How to tell your stories in a way that empowers · How to handle the uncomfortable emotions that seem inevitable · The art of creating, articulating, and maintaining impeccable boundaries · How to stop “shouldering” How to “re-mother” yourself and acknowledge, honor, and meet your needs

**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 achy,

lonely emptiness, and come home to herself.

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.

**You're Not Crazy - It's Your Mother** Danu Morrigan 2021-05-27 A comprehensively revised and expanded new edition of Danu Morrigan's #1 bestselling book, which has helped tens of thousands of daughters of narcissistic mothers around the world. Do you find yourself emotionally bruised, upset and confused after being in touch with your mother? Do you somehow feel like you're not a real person in her company? If so, you are far from alone. Millions of daughters experience the samehall-of-mirrors dizziness. Many of them have come to the conclusion that their mother has Narcissistic Personality Disorder, and that explains all that they have suffered. This book explores this - maybe it will resonate for you the same way and make you feel understood and validated as never before. This new edition includes a wealth of new insight and understanding learned by Danu over the last ten years, including: Clarity about escaping the toxic dynamic, through The Four Steps to Freedom; managing our fear of regretting our decisions; how Stories steer us without us realising; the NM's performative kindness and performative love; overcoming the trap of The Silent Treatment; distinguishing narcissistic 'niceness' from genuine decency; how to recognise, get, and contribute to healthy relationships.

*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.

[The Unavailable Father](#) Sarah S. Rosenthal 2010-04-06 Strategies for overcoming a damaged father/daughter relationship Problems between fathers and daughters can damage a young girl's identity, convince her she's unloveable or without worth, and send her into unhealthy adult relationships. This groundbreaking book includes in-depth stories and case histories of a broad spectrum of women over 25 who have recovered and flourished in their professional and personal

lives despite the lack of a father's recognition and affection. While the legacy of pain that these fathers leave is deep, there is much that can be done to alleviate and even conquer it. Using these women's stories as well as her insights from her private practice, the author outlines basic strategies to overcome the void left by an abusive, absent, alcoholic, mentally ill, irresponsible, selfish, or unloving father. Written by Sarah Simms Rosenthal who has a thriving practice in New York City Reveals how to understand the truth about your childhood Includes strategies for discovering and analyzing past adult relationship mistakes—both personal and professional Offers successful techniques for establishing new patterns of behavior The women whose stories are told in The Unavailable Father have learned to recognize and change the patterns instigated by their dysfunctional fathers and have moved forward, fulfilled.

**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.

**Emotionally Unavailable Father** Alyson Jodene 2016-12-29 You look around the house and everything seems foreign. Without love, it feels like you are on somebody else's turf. Like you are just a visitor eventually your time will come to leave. At least that's what it felt like for me. I felt like I was continually a broken version of whatever I was supposed to be. I couldn't figure out if it was my looks, or my school grades, or maybe because I didn't play sports like my brothers. I looked for an answer everywhere to try and explain why Dad just didn't do anything with me. I'm writing this now to you, regardless of whether you are a man or a woman, to tell you that you no longer need to let somebody that is emotionally unavailable continue to control your own emotional wellbeing. There is a way. It wasn't easy for me, but I certainly poured many hours, and a lot of money out to counselors, as I tried to make my way through the source of why I was having so many personal problems. I am happy to say that I have never been filled with so much light and levity as I am now. My days are filled with joy, abundance, and contentment. Sure, there are still times that I start to begin to wallow in my druthers. But that's exactly when I remember to follow my own advice. In this book, I will walk you through it.

*Ask a Manager* Alison Green 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then



take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you’re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate’s loud speakerphone is making you homicidal • you got drunk at the holiday party

Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

**Arms and the Man** George Bernard Shaw 2012-11-13 One of Shaw's most popular comedies, deflating romantic misconceptions of love and warfare. Reprinted from an authoritative early edition, complete with Shaw's preface to Volume II of *Plays: Pleasant and Unpleasant*.

**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 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

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.

Psychoanalysis and Maternal Absence Ofrit (Hebrew University Shapira-Berman, Jerusalem) 2022-03-04

**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.

*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

**When Marnie Was There (Essential Modern Classics)** Joan G. Robinson 2014-05-29 Anna hasn't a friend in the world - until she meets Marnie among the sand dunes. But Marnie isn't all she seems... A major motion picture adaptation by Studio Ghibli, creators of SPIRITED AWAY and ARRIETTY.

Into the Heart of the Feminine Massimilla Harris 2015-03 A Book for Women...and for Men This is a powerfully moving book that goes beyond gender roles into the soul of the archetypal feminine, exploring how it has been damaged and traumatized, and finding out how this condition affects all of us. Written in a way that makes the material truly accessible to a wide audience, the authors' own personal and professional experiences are dynamically woven throughout the book in the form of rich and compelling stories. Massimilla and Bud Harris show how our feminine vitality can be restored by journeying into its heart and into the archetypal ruins of the feminine within ourselves. In these ruins, we will find the fertile ground and the archetypal motifs for healing the feminine within ourselves and our lives and renewing our capacities for strength, love and creativity. Imagine within each of us, there is a deep, powerful source for living lives of love, creativity and fulfillment... To imagine this foundation for life and the energy it produces is to imagine ourselves and our world filled with the influence of the archetypal feminine - her passionate creativity, love and ageless knowing. Personally and culturally, this force - which lives at the heart of our lives - has been diminished and wounded until it seems to have retreated beyond the horizon, in a world filled with rationalism and an anxious search for the material "good life."

All My Mothers Joanna Glen 2021-03-07 'One of those rarest of books: so beautiful I almost couldn't bear it, and so moving I was reading through tears' STACEY HALLS 'Uniquely witty, beautifully observed, intricately woven' MIRANDA HART 'A truly glorious life-affirming book, in which love, hope and friendship trump sorrow' DINAH JEFFERIES 'Had me absolutely sobbing - a beautiful, beautiful book' JO BROWNING WROE, bestselling author of A TERRIBLE KINDNESS 'Worth every tear' WOMAN & HOME 'Exquisitely tender, powerfully compelling' SARAH HAYWOOD 'One of my new all-time favourite books - an absolute joy' JULIETTA HENDERSON 'Thoughtful, warm and

engaging' CHRISTINA SWEENEY-BAIRD 'Honest, heartfelt and hopeful' MARIANNE CRONIN 'A joy to read' ANNE YOUNGSON 'A love song to women everywhere' ERICKA WALLER MEET EVA MARTÍNEZ-GREEN, AN ONLY CHILD FULL OF QUESTIONS ABOUT HER BEGINNINGS. Between her emotionally absent mother and her physically absent father, there is nobody to answer them. Eva is convinced that all is not as it seems. Why are there no baby pictures of her? Why do her parents avoid all questions about her early years? When her parents' relationship crumbles, Eva begins a journey to find these answers for herself. Her desire to discover where she belongs leads Eva on a journey spanning decades and continents - and, along the way, she meets women who challenge her idea of what a mother should be, and who will change her life forever... 'A glorious journey into loving & longing' ANSTEY HARRIS 'Heartrending and heartwarming' CELIA ANDERSON 'Exquisite' JESSICA RYN 'A deep delight of a book that vibrates with love and longing' HELEN PARIS \_\_\_\_\_ Praise for Joanna Glen's debut novel, *The Other Half of Augusta Hope*: 'A therapeutic dose of high-strength emotion' GUARDIAN 'Entertains and moves in equal measure' DAILY MAIL 'Keep the tissues close' GOOD HOUSEKEEPING 'An irresistible message of redemption and belonging' RED magazine 'Heartening and hopeful' JESS KIDD 'Mesmerizingly beautiful' SARAH HAYWOOD 'An extraordinary masterpiece' ANSTEY HARRIS

**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.

*Qian que mu ai de hai zi, ni de shang hao le ma?* Jasmin Lee Cori 2023-02-09 Traditional Chinese edition of *The Emotionally Absent Mother*

**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

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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.

## **The Emotionally Absent**



# Mother :

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