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My
MOTHER
MY SECRET

The Daughter's Search for Identity

My Mother My Self

Nancy Friday



My Mother My Self:

My Mother/my Self Nancy Friday, 1987 Dell celebrates the 10th anniversary of this groundbreaking bestseller 3 million now in print just in time for Mother's Day Hailed by Publishers Weekly as a landmark study My Mother My Self explores a daughter's search for her own identity **My Mother/My Self** Nancy Friday, 1997-09-08 When Nancy Friday began her research for My Mother My Self in the early 1970s no work existed that explored the unique interaction between mother and daughter Today psychotherapists throughout the world acknowledge that if women are to be able to love without possessing to find work that fulfills them and to discover their full sexuality they must first acknowledge their identity as separate from their mother's Nancy Friday's book played a major role in that acceptance The greatest gift a good mother can give remains unquestioning love planted deep in the first year of life so deep and anassailable that the tiny child grown to womanhood is never held back by the fear of losing that love no matter what her own choice in love sexuality or work may be Through candid self disclosure and hundreds of interviews Friday investigates a generational legacy and reveals the conflicting feelings of anger hate and love the daughter's hold for their mothers and why they so often become that mother themselves

My Mother, My Sister, Myself Annamarie Schmidt, 2007-08 Do you know the year your mother was born My Mother My Sister Myself is a book of Christian Poetry This beautifully written God inspired poetry is a reflection of Annamarie's life past and present She got the title of her book My Mother My Sister Myself from a poem she had written to her mother after her sister Carole had passed away from breast cancer Summary of Nancy Friday's My Mother/My Self Everest Media, 2022-05-02T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 I have always lied to my mother I was not her whole life and she knew it I was not the woman she wanted to be and she knew that too 2 Mothers may love their children but they sometimes do not like them The same woman who may be willing to put her body between her child and a runaway truck may resent the day by day sacrifice the child unknowingly demands of her time sexuality and self development 3 The hardest thing to face in mother is her sexuality We took on her anxieties fears and angers and we weave the web of emotion between ourselves and others based on what we had with her We never escape the image of how she was in our sexual lives 4 The mother daughter relationship is often filled with confusion and distrust which is caused by the mother's difficulty in communicating her true feelings and intentions to her daughter My Mother, My Self Nanncy Friday, 1985 **Mother, Heal My Self** JoEllen Koerner, 2003 A stirring true life story of how the daughter of a revered nurse leader was saved by a Lakota Sioux It probes the meaning of being a healer and being healed of being a mother and how spiritual issues are passed from one generation to the next My Mother, My Mirror Laura Fuerstein, 2009 An experienced psychotherapist explores how mothers unwittingly pass on their self esteem and body image issues to their daughters and shows readers how they can break the cycle *What My Mother and I Don't Talk About* Michele Filgate, 2020-08-11 You will devour these beautifully written and very important tales of honesty pain and resilience Elizabeth

Gilbert New York Times bestselling author of *Eat Pray Love* and *City of Girls* from fifteen brilliant writers who explore how what we don't talk about with our mothers affects us for better or for worse As an undergraduate Michele Filgate started writing an essay about being abused by her stepfather It took her more than a decade to realize that she was actually trying to write about how this affected her relationship with her mother When it was finally published the essay went viral shared on social media by Anne Lamott Rebecca Solnit and many others This gave Filgate an idea and the resulting anthology offers a candid look at our relationships with our mothers Leslie Jamison writes about trying to discover who her seemingly perfect mother was before ever becoming a mom In Cathi Hanauer's hilarious piece she finally gets a chance to have a conversation with her mother that isn't interrupted by her domineering but lovable father Andr Aciman writes about what it was like to have a deaf mother Melissa Febos uses mythology as a lens to look at her close knit relationship with her psychotherapist mother And Julianna Baggott talks about having a mom who tells her everything As Filgate writes Our mothers are our first homes and that's why we're always trying to return to them There's relief in acknowledging how what we couldn't say for so long is a way to heal our relationships with others and perhaps most important with ourselves Contributions by Cathi Hanauer Melissa Febos Alexander Chee Dylan Landis Bernice L McFadden Julianna Baggott Lynn Steger Strong Kiese Laymon Carmen Maria Machado Andr Aciman Sari Botton Nayomi Munaweera Brandon Taylor and Leslie Jamison

Heartaches and Blessings While Parenting My Mom Letty P. Oveson, 2009-03-01 After her mother suffers several small debilitating strokes the author a senior citizen finds herself in the position of having to parent her own mother In the midst of the heartache and emotional exhaustion Oveson discovers the blessings of her uncharted role reversal **Stranger to My Self** Jeffrey Abugel, 2011 This journalistic examination of depersonalization as a disorder and cultural phenomenon includes case histories treatment and literary and spiritual perspectives **Writers and Their Mothers** Dale Salwak, 2018-02-15 Ian McEwan Margaret Drabble Martin Amis Rita Dove Andrew Motion and Anthony Thwaite are among the twenty two distinguished contributors of original essays to this landmark volume on the profound and frequently perplexing bond between writer and mother In compelling detail they bring to life the thoughts work loves friendships passions and above all the influence of mothers upon their literary offspring from Shakespeare to the present Many of the contributors evoke the ideal with fond and loving memories understanding selfless spiritual tender protective reassuring and self assured mothers who created environments favorable to the development of their children's gifts At the opposite end of the parenting spectrum however we also see tortured mothers who ignored interfered with smothered or abandoned their children Their early years were times of traumatic loss unhappily dominated by death and human frailty Elegantly assembled and presented *Writers and Their Mothers* will appeal to everyone interested in biography literature and creativity in general **Society in the Self** Hubert J. M. Hermans, 2018-03-09 Instead of considering society as a social environment *Society in the Self* begins from the assumption that society works in the deepest regions of self and identity as expressed in phenomena like self

sabotage self radicalization self cure self government self nationalization and self internationalization This leads to the central thesis that a democratic society can only function properly if it is populated by participants with a democratically organized self In this book an integrative model is presented that is inspired by three versions of democracy cosmopolitan deliberative and agonistic democracy with the latter focusing on the role of social power and emotions Drawing on these democratic views three levels of inclusiveness are distinguished in the self personal I as an individual social I as a member of a group and global I as a human being A democratic self requires the flexibility of moving up and down across these levels of inclusiveness and has to find its way in fields of tension between the self and the other and between dialogue and social power As author Hubert Hermans explains this theory has far reaching consequences for such divergent topics as leadership in the self cultural diversity in the self the relationship between reason and emotion self empathy cooperation and competition between self parts and the role of social power in prejudice enemy image construction and scapegoating The central message of this book is reflected in Mahatma Gandhi s dictum Be the change you want to see in the world

Philosophy and the Mixed Race Experience Tina Fernandes Botts,2016-01-21 Philosophy and the Mixed Race Experience is a collection of essays by philosophers about the mixed race experience Each essay is meant to represent one of three possible things 1 what the philosopher sees as the philosopher s best work 2 evidence of the possible impact of the philosopher s mixed race experience on the philosopher s work or 3 the philosopher s philosophical take on the mixed race experience The book has two primary goals 1 to collect together for the first time the work of professional academic philosophers who have had the mixed race experience and 2 to bring these essays together for the purpose of adding to the conversation on the question of the degree to which factual identity and philosophical work may be related The book also examines the possible relationship between the mixed race experience and certain philosophical positions *The Molineux Case* Samuel Klaus,1929 **The Energy of Prayer (EasyRead Super Large 18pt Edition)** , Where I Belong Soo Jin Lee,Linda Yoon,2024-01-09 An essential resource that addresses the unique experiences of trauma healing and mental health in Asian and Asian American communities Coauthors Soo Jin Lee and Linda Yoon are professional therapists who witnessed firsthand how mental health issues often went unaddressed not only in their own immigrant families but in Asian and Asian American communities Where I Belong shows us how the cycle of trauma can play out in our relationships placing Asian American experiences front and center to help us process and heal from racial and intergenerational trauma This book validates our experiences and helps us understand how they fit into the broader context of our family history and the trauma experienced by previous generations Lee and Yoon draw on their own stories as well as those of a diverse segment of the Asian diaspora to help us feel seen and connected to our wider community They provide essential therapeutic tools reflection questions journal prompts and grounding exercises to empower readers to identify their strengths and resilience across generations and to embrace the beauty and fullness of their own identity and culture **Maternal Connections:** Kande

Kosior, Joan Garvan, 2022-09-15 This is a wonderful and insightful collection of stories and reflections of mothers on the connection with their own mother after becoming a mother themselves The chapters are primarily autobiographical and are told through a range of lens be it a graphic chapter or the more literary An author outlines Anishinaabeg ceremonial practices that honour and represent maternal connections and others demonstrate how art and craft can both assist in working through and carry forward maternal stories Two further pieces use a combination of literary critique feminist theory and post Freudian psychoanalysis to interpret varied texts and another highlights findings from a series of interviews with women reflecting on the attributes and practices they will carry forward or discard from their experience of being mothered

Writing Home Eli Goldblatt, 2012-04-12 In this engrossing memoir poet and literacy scholar Eli Goldblatt shares the intimate ways reading and writing influenced the first thirty years of his life in the classroom but mostly outside it *Writing Home A Literacy Autobiography* traces Goldblatt s search for home and his growing recognition that only through his writing life can he fully contextualize the world he inhabits Goldblatt connects his educational journey as a poet and a teacher to his conception of literacy and assesses his intellectual emotional and political development through undergraduate and postgraduate experiences alongside the social imperatives of the era He explores his decision to leave medical school after he realized that he could not compartmentalize work and creative life or follow in his surgeon father s footsteps A brief first marriage rearranged his understanding of gender and sexuality and a job teaching in an innercity school initiated him into racial politics Literacy became a dramatic social reality when he witnessed the start of the national literacy campaign in postrevolutionary Nicaragua and spent two months finding his bearings while writing poetry in Mexico City Goldblatt presents a thoughtful and exquisitely crafted narrative of his life to illustrate that literacy exists at the intersection of individual and social life and is practiced in relationship to others While the concept of literacy autobiography is a common assignment in undergraduate and graduate writing courses few books model the exercise *Writing Home* helps fill that void and with Goldblatt s emphasis on out of school literacy fosters an understanding of literacy as a social practice

Mothering, Breast Cancer and Selfhood Lynette Walker, 2002 This three part story illuminates an introspective process in coming to terms first with breast cancer and mastectomy and then gradually with the long term subjective components underlying the disease Part I documents my first attempt to make sense of breast cancer I show how I dealt with the diagnosis and treatments paying particular attention to the nature of my thoughts feelings dreams and fantasies I show how amid the terror anger and sadness my creative self expression in journalling active imagination poetry ceramics and colored drawings made a positive difference Part II asks the questions What was going on in my life in the months prior to the diagnosis that would predispose me to breast cancer How was I living my life Were there warning signs Drawing from minutely recorded details in my journals I explore my breast cancer experience in a larger context I show that in ways fairly typical of our society I inadvertently participated in the disease process by way of compulsive attention to others and

inadequate consideration of myself My journal exposes a sordid picture of alarming dreams warped inter personal patterns distorted self evaluations and chronic psychological and somatic disturbances in my life all signaling danger for this late 20th century woman What better metaphor than breast cancer to represent habitual self defeating patterns of mothering running madly out of control What does it take to fully come to terms with breast cancer What does it take to illuminate the disease of the soul In a final attempt to make sense of breast cancer I follow the metaphor to its source to the nature of mothering and being mothered Does the compulsion to mother the world and neglect oneself arise from excess or deficiency What are the implications of selflessness How does it arise Part III reconstructs my childhood steeped in my parents Jungian milieu It offers a rare and intimate look into the influences of intellectual and psychological immersion on early childhood development It exposes the precariousness of generations of women in my family who have been in one way or another motherless It remembers my relationship with my overpowering but vulnerable mother who was too much with me yet still missing It recognizes the life urge to differentiate from the biological mother and connect with the great life affirming Mother spirit This candid story of consciousness building and psychological reconstruction will appeal to adult readers who are searching for meaning in illness and adversity This is not a book on definitive causes of breast cancer It is not a book on how to have breast cancer and be happy It is not a guidebook solely for breast cancer patients though they will likely be guided and inspired by what I tell It is the tapestry that honors the complexity of life the intra psychic interpersonal and archetypal worlds rolled into one The psychological perspective I offer invites the reader to own and embrace the shadow at work in the psyche It provides a mirror for serious self reflection written in accessible language *I've Tried Being Nice* Ann

Leary, 2024-06-04 New York Times bestselling author Ann Leary offers a literary feast of humor and wisdom told from the perspective of a recovering people pleaser Having arrived at a certain age her prime Ann Leary casts a wry backward glance at a life spent trying and often failing to be nice With wit and surprising candor Leary recounts the bedlam of home bat invasions an obsession with online personality tests and the mortification of taking ballroom dance lessons with her actor husband She describes hilarious red carpet fiascos and other observations from the sidelines of fame while also touching upon her more poignant struggles with alcoholism her love for her family her dogs and so much more Prepare to laugh cry cringe and revel in the comically relatable chaos of Ann Leary's life as revealed in this delightful collection of essays

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