

The book cover features a soft-focus, painterly portrait of a woman with dark, wavy hair, looking slightly to the right. She is wearing a patterned top with purple and red floral motifs. The background is a muted, teal-green color. The title 'Mean Mothers' is written in a large, white, serif font across the upper half of the cover. Below the title, the subtitle 'OVERCOMING THE LEGACY OF HURT' is in a smaller, yellow, sans-serif font. The author's name 'Peg Streep' is in a large, yellow, serif font at the bottom. At the very bottom, in a small, white, sans-serif font, it says 'FOREWORD BY RACHEL HARRIS, PH.D.'. The book is shown at a slight angle, revealing its thickness and the edges of the pages.

Mean Mothers

OVERCOMING
THE LEGACY OF HURT

Peg Streep

FOREWORD BY RACHEL HARRIS, PH.D.

Mean Mothers Overcoming The Legacy Of Hurt

Terri Apter



Mean Mothers Overcoming The Legacy Of Hurt:

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

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 An internationally acclaimed psychologist and writer unlocks the mysteries of this complicated bond

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

The Emotionally Absent Mother, Second Edition: How to Recognize and Cope with the Invisible Effects of Childhood Emotional Neglect (Second) Jasmin Lee Cori, 2017-04-18 The groundbreaking guide to self healing and getting the love you missed Years ago I was on vacation and read The Emotionally Absent Mother That book was one of many that woke me up I began the process of reparenting and it's changed my life Dr Nicole LePera New York Times bestselling author of How to Do the Work 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 **Ghost Mothers** Kathryn Rudlin Lcsw,2012-10 ARE YOU HAUNTED by your past unable to be the person you long to be The core cause of your emotional physical or spiritual problems may be unresolved issues from being raised by a GHOST MOTHER Ghost mothers are unable to connect emotionally You needed so much from her and got so little Now this reality keeps you from becoming the empowered woman you want to be Illuminating the ghost issues that keep you stuck will immediately help you to move beyond the pain of your past Based on the author s healing journey and the haunting stories of other ghost daughters this book explores the impact of an illusive past and provides healing strategies for embracing a visible life LEARN the 6 proven ghost busting strategies to create a life in which you are no longer haunted by the pain of being raised by a ghost mother RECOGNIZE the reality of your past and what your ghost mother couldn t provide RELEASE the pain that creates negative emotions and damages your spirit REFOCUS on a strong identity that allows you to get your needs met RESTORE your confidence emotional strength and self knowledge RENOVATE your perception of yourself in powerful ways REWRITE a new life script using the hidden gifts of being raised by a ghost You will have no choice if you are willing than to create the kind of powerful life you want I am very proud of how Kathryn decided to take her painful experiences and turn them into a positive opportunity to help others heal This book combines her challenging experience and all that she has learned from counseling others in a compelling and very personal way to show how to reduce the amount of time spent suffering from similar issues how to take steps to heal at all levels and how to take responsibility for moving forward Dr Carolle Jean Murat M D F A C O G author of Voodoo in My Blood A Healer s Journey From Surgeon to Shaman and Moving Beyond Sexual Trauma A Victim No More **Shame** Joseph Burgo,2018-11-06 An intimate look at the full spectrum of shame often masked by addiction promiscuity perfectionism self loathing or narcissism that offers a new positive route forward Encounters with embarrassment guilt self consciousness remorse etc are an unavoidable part of everyday life and they sometimes have lessons to teach us about our goals and values about the person we expect ourselves to be In contrast to the prevailing cultural view of shame as a uniformly toxic influence Shame is a book that approaches the subject of shame as an entire family of emotions which share a painful awareness of self Challenging widely accepted views within the self esteem movement author Joseph Burgo argues that self esteem does NOT thrive in the soil of non stop praise and encouragement but rather depends upon setting and meeting goals living up to the expectations we hold for ourselves and finally sharing our joy in achievement with the people who matter most to us Along the way listening to and learning from our encounters with shame will go further than affirmations and positive self talk in helping us to build authentic self esteem Richly illustrated with clinical stories from Burgo s 35 years in private practice Shame also describes the myriad ways that unacknowledged shame often hides behind a broad spectrum of mental disorders including social anxiety narcissism addiction and masochism *Shadow Daughter* Harriet Brown,2018-11-06 A riveting provocative and ultimately hopeful exploration of mother daughter estrangement woven with research and anecdotes from an award winning journalist The day

of her mother's funeral Harriet Brown was five thousand miles away For years they'd gone through cycles of estrangement and connection drastic blow ups and equally dramatic reconciliations By the time her mother died at seventy six they hadn't spoken at all in several years Her mother's death sent Brown on a journey of exploration one that considered guilt and trauma rage and betrayal and forgiveness Shadow Daughter tackles a subject we rarely discuss as a culture Family estrangements between parents and children siblings multiple generations are surprisingly common and even families that aren't officially estranged often have some experience of deep conflicts Despite the fact that the issue touches most people one way or another estrangement is still shrouded in secrecy stigma and shame We simply don't talk about it and that silence can make an already difficult situation even harder Brown tells her story with clear eyed honesty and hard won wisdom she also shared interviews with others who are estranged as well as the most recent research on this taboo topic Ultimately Shadow Daughter is a thoughtful provocative and deeply researched exploration of the ties that bind and break forgiveness reconciliation and what family really means

One Foot in Front of the Other Tian Dayton, Ph.D.,2013-12-10 365 days of inspiration for the recovery journey filled with wisdom to ground guide and renew the spirit Recovery whether from addictive or compulsive behaviors codependency childhood trauma dysfunction or loss is not an event to be conquered but an ongoing process of healing and self discovery It requires patience perseverance and self awareness Putting one foot in front of the other moment by moment and day by day builds courage self esteem and resilience A key component of staying on the right path is guidance from those who have walked it before One Foot in Front of the Other gives readers a hand to hold as they face the challenges of living and provides a wellspring of knowledge from which to draw inspiration and hope Nationally renowned trauma and recovery expert Dr Tian Dayton gives readers all the tools they will need on their journey of recovery just as she has for countless of her own patients Written in the I format each page speaks intimately to readers offering straightforward and user friendly wisdom through inspired readings This powerful little book will help readers examine their lives and recapture feelings of gratitude and positivity opening to the grace of self renewal

The Self Under Siege Robert Firestone,Lisa A. Firestone,Joyce Catlett,2013 Noted clinical psychologist Robert Firestone and his co authors explore the struggle that all of us face in striving to retain a sense of ourselves as unique individuals

Love yourself tender. A book about self-appreciation and self-care Ольга Примаченко,2023-04-11 Love yourself tender A book about self appreciation and self care is a new very honest opinion about self love This is a meditation book that calls for an inner conversation and helps you to hear your own voice among many others The author of the book Olga Primachenko a journalist ex editor in chief of LADY TUT BY and the author of the Gnezdo by blog talks to the reader about the important things about accepting one's feelings desires and body about setting priorities and boundaries about creating a nutritious space around oneself as well as environmentally friendly interaction with the world and people A 31 day practice of tenderness to himself is waiting for the reader at the end of the book The publishing layout of the book has been saved in PDF A4 format

Getting It Right This

Time Orna Walters,Matthew Walters,2025-01-14 Find your perfect life partner with this breakthrough 3 part Soulmating system by dating coaches Orna and Matthew Walters If you re looking for a step by step approach to change your luck in love then Getting It Right This Time is for you Jack Canfield Today people have more ways to find their life partner than ever before Dating apps meet up groups and professional matchmakers provide unlimited options to meet the love of your life And yet it seems more difficult not easier to meet a desirable partner build a life together and make that special relationship last Dating is made even more complicated because of the pervasive myth that love will magically happen by accident like winning the lottery Or that it will happen when you least expect it In Getting It Right This Time holistic dating coaches and founders of Creating Love on Purpose Orna and Matthew Walters bust the myth of accidental love and teach you how to take a conscious approach to relationships In their groundbreaking method you will learn how to do the following Identify the relationship patterns that have held you back Build new communication habits and develop emotional mastery and Move forward with intentional dating Getting It Right This Time provides the tools you need to identify and transform your Love Imprint your inner GPS that unconsciously drives your choices in romantic relationships By learning the brain science of attraction and creating a new road map for love you will override your internal GPS if it s leading you off course and find the fastest route to long lasting love Uplifting personal stories client examples guided exercises and step by step advice will guide you to get it right this time and to find genuine long lasting soul satisfying love *Women's Lives in Contemporary French and Francophone Literature* Florence Ramond Jurney,Karen McPherson,2016-10-13 The essays in this volume provide an overview and critical account of prevalent trends and theoretical arguments informing current investigations into literary treatments of motherhood and aging They explore how two key stages in women s lives maternity and old age are narrated and defined in fictions and autobiographical writings by contemporary French and francophone women Through close readings of Maryse Condé H l ne Cixous Zahia Rahmani Linda L Pierrette Fleutieux and Mich le Sarde among others these essays examine related topics such as dispossession female friendship and women s relationships with their mothers By adopting a broad synthetic approach to these two distinct and defining stages in women s lives this volume elucidates how these significant transitional moments set the stage for women s evolving definitions and interrogations of their identities and roles LA MADRE EMOCIONALMENTE AUSENTE Cori, Jasmin Lee,2023-06-05 Muchas personas sienten que les falt algo en su infancia y se preguntan por qu su madre no parec a estar ah para ellas A pesar de que la madre pudo haber prestado cuidados de tipo f sico tienen la sensaci n de haber sido de alg n modo hu rfanas de madre En estas circunstancias es dif cil mantener una relaci n con la figura materna en la edad adulta La madre emocionalmente ausente te ayudar a comprender por qu tu madre fue incapaz de proporcionarte lo que muchas madres s pueden dar Tambi n te guiar en un trabajo a varios niveles Identificar los impactos de la negligencia emocional y el abuso emocional Evaluar opciones en cuanto a la relaci n con tu madre ahora que eres una persona adulta Encontrar al ni o a que llevas dentro y aprender a ser una

madre para ese niño Hacerte cargo de tu sanación y aprender a compensar lo que no tuviste A través de reflexiones ejercicios y explicaciones claras la psicoterapeuta Jasmin Lee Cori ayuda a hijos e hijas adultos a sanar las heridas que les dejó una madre que no les proporcionó los elementos esenciales que todo niño necesita Te darás cuenta de que lo que pensabas que eran defectos propios fueron en realidad déficits de la maternidad lo cual te permitirá desprenderte de culpas También aprenderás a criar a tu niño interior para que obtenga lo que no recibiste en su momento El conjunto del trabajo te conducirá a un futuro más feliz tanto para ti como para tus hijos

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 Мамина нелюбовь. Как исцелить скрытые раны от несчастливого детства Жасмин Ли Кори,2021-07-10 PDF A4 Злая мать. Как исцелить детские травмы и полюбить себя, если вас не любили в детстве Пэг Стрип,2024-12-03 PDF A4 **Wenn die Mutterliebe fehlte** Jasmin Lee Cori,2018-10-29 Das innere Kind heilen Kennen Sie das Ihre Mutter war distanziert k hl und meist mit den Gedanken woanders Erwachsene deren M tter in der Kindheit emotional abwesend waren k nnen oft nicht genau beschreiben was in ihrem Leben fehlt Sehr oft jedoch k mpfen sie mit Beziehungs oder Selbstwertproblemen Dieses Buch hilft dabei die verborgenen Verletzungen auszugraben die durch fehlende m tterliche W rme und Liebe entstanden sind Sie erfahren m gliche Gr nde warum eine Mutter keine Bindung zu ihrem Kind aufbauen kann Einf hlsam zeigt die Autorin wie Sie Ihr inneres ungeliebtes Kind lieben lernen und sich selbst die Mutter sein k nnen die Sie sich damals gew nscht h tten **Raising Children in Digital Era** Elizabeth T. Santosa,2015-03-04 Pendidikan anak tidak pernah sederhana selalu mengikuti kompleksitas individu setiap anak kepekaan hubungan orang tua anak dan faktor eksternal Dalam 20 tahun terakhir ini faktor eksternal yang paling berpengaruh adalah akses yang meluas pada internet Bukan saja setiap anak bisa dan harus terbuka menggunakan internet tapi setiap orang tua juga harus memahami kemampuan dan keterbatasan internet Buku ini memberikan panduan yang cerdas dan sensitif untuk memanfaatkan kehadiran internet dalam kehidupan kita termasuk terhadap anak dan orang tua Elizabeth Santosa mengulasnya dengan secara cerdas dan masa kini Wimar Witoelar Konsultan Komunikasi Sering kali hasil riset terkemas dalam bentuk yang hampir selalu kaku teoretis dan rumit Namun disini penulis mampu mentransformasikannya menjadi sebuah pemaparan yang apa adanya gamblang dengan contoh contoh sehari hari yang menohok Sebuah pesan pembaharuan yang mampu menoyor kepala kita semua orang tua untuk kembali sadar fungsi Parenting Relationships yang sebenarnya Good job Elizabeth Santosa Marcell Siahaan Penyanyi dan Ayah dari 3 anak Inilah buku pengetahuan penting untuk semua ayah bunda yang saat ini mulai merasakan atau malah sudah mengalami dampak negatif dari era Digital Gadget dan Media pada anak anak kita Sebuah buku yang saya tunggu tunggu kehadirannya sejak dulu yang seharusnya telah ditulis 15 tahun yang lalu Ayo segera baca buku ini agar anak anak kita bisa terselamatkan dari dampak besar teknologi digital Isinya kita banget dan problemnya orang tua Indonesia banget Ayah Edy Praktisi Parenting Relationships dan Pendiri Gerakan Indonesian Strong from Home *Passing Judgment: Praise and Blame in Everyday Life* Terri Apter,2018-01-09 Terri Apter reveals how everyday judgments impact our relationships and how praise blame and shame shape our sense of self Do you know that praise is essential to the growth of a healthy brain That experiences of praise and blame affect how long we live That the conscious and unconscious judgments we engage in every day began as a crucial survival technique Do you think people shouldn t be judgmental But how judgmental are you and how

does this impact your relationships Keenly perceptive The Atlantic psychologist and writer Terri Apter reveals how everyday judgments impact our relationships and how praise blame and shame shape our sense of self Our obsession with praise and blame begins soon after birth Totally dependent on others rapidly we learn to value praise and to fear the consequences of blame Despite outgrowing an infant's dependence we continue to monitor others judgments of us and we ourselves develop what relational psychologist Terri Apter calls a judgment meter which constantly scans people and our interactions with them and registers a positive or negative opinion In Passing Judgment Apter reveals how interactions between parents and children within couples and among friends and colleagues are permeated with praise and blame that range far beyond specific compliments and accusations Drawing on three decades of research Apter gives us the tools to learn about our personal needs goals and values to manage our biases to tolerate others views and to make sense of our most powerful and often confusing responses to ourselves and to others Transforming Nurses' Stress and Anger Sandra P.

Thomas, 2008-12-05 AJN Book of the Year Award Winner Second Edition This book is a gem It provides a wealth of well researched information to help the reader understand sources of stress It tackles very important issues that lead to burnout and provides an exceptionally comprehensive analysis This book is illuminating for clinicians Afaf Meleis PhD DrPS hon FAAN Dean of Nursing University of Pennsylvania School of Nursing This inspiring award winning title guides nurses to transform work related stress and anger into strength and resilience The profession has witnessed increasing workplace violence conflicts with colleagues and poor working conditions In this book Thomas demonstrates how anger can actually be a catalyst for personal and professional empowerment In this new edition Thomas discusses the causes and consequences of nurses stress and anger and presents new strategies to prevent and manage both even under the worst conditions She demonstrates how to forge stronger relationships with colleagues and patients and solve work related problems head on As a nursing educator therapist practitioner and practicing RN Thomas provides personal accounts of her own experiences as a nurse struggling to meet the many challenges of the job Key Features Thoroughly updated with new research data and case studies Offers step by step guidelines on working towards remediation and healing Organized with bulleted lists and boxes highlighting key points Guidance on pursuing career movement both vertical and horizontal Useful for nurses hospital administrators managers and graduate students

Mean Mothers Overcoming The Legacy Of Hurt Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has been evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Mean Mothers Overcoming The Legacy Of Hurt**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall affect readers.

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