

# Dont Blame Mother Mending The Mother Daughter Relationship

**Motherhood Reconceived** Lauri Umansky 1996-08 From the early days of second-wave feminism, motherhood and the quest for women's liberation have been inextricably linked. And yet motherhood has at times been viewed, by anti-feminists and select feminists alike, as somehow at odds with feminism. In reality, feminists have long treated motherhood as an organizing metaphor for women's needs and advancement. The mother has been regarded with suspicion at times, deified at others, but never ignored. The first book devoted to this complex relationship, *Motherhood Reconceived* examines in depth how the realities of motherhood have influenced feminist thought. Bringing to life the work of a variety of feminist writers and theorists, among them Jane Alpert, Mary Daly, Susan Griffin, Adrienne Rich, and Dorothy Dinnerstein, Umansky situates feminist discourses of motherhood within the social and political contexts of the 1960s. Charting an increasingly favorable view of motherhood among feminists from the late 1960s through the 1980s, Umansky reveals how African American feminists sought to redefine black nationalist discourses of motherhood, a reworking subsequently adopted by white radical and socialist feminists seeking to broaden the racial base of their movement. Noting the cultural left's conflicted relationship to feminism, that is, the concurrent demand for individual sexual liberation and the desire for community, Umansky traces that legacy through various stages of feminist concern about motherhood: early critiques of the nuclear family, tempered by strong support for day care; an endorsement of natural childbirth by

the women's health movement of the early 1970s; white feminists' attempt to forge a multiracial movement by declaring motherhood a universal bond; and the emergence of psychoanalytic feminism, ecofeminism, spiritual feminism, and the feminist anti-pornography movement.

*Marital Conflict and Children* E. Mark Cummings 2011-09-01 From leading researchers, this book presents important advances in understanding how growing up in a discordant family affects child adjustment, the factors that make certain children more vulnerable than others, and what can be done to help. It is a state-of-the-science follow-up to the authors' seminal earlier work, *Children and Marital Conflict: The Impact of Family Dispute and Resolution*. The volume presents a new conceptual framework that draws on current knowledge about family processes; parenting; attachment; and children's emotional, physiological, cognitive, and behavioral development. Innovative research methods are explained and promising directions for clinical practice with children and families are discussed.

*Rules of Estrangement* Joshua Coleman, PhD 2021-03-02 A guide for parents whose adult children have cut off contact that reveals the hidden logic of estrangement, explores its cultural causes, and offers practical advice for parents trying to reestablish contact with their adult children. "Finally, here's a hopeful, comprehensive, and compassionate guide to navigating one of the most painful experiences for parents and their adult children alike."—Lori Gottlieb, psychotherapist and New York Times bestselling author of *Maybe You Should Talk to Someone* Labeled a silent epidemic by a growing number of therapists and researchers, estrangement is one of the most disorienting and painful experiences of a parent's life. Popular opinion typically tells a one-sided story of parents who got what they deserved or overly entitled adult children who wrongly blame their parents. However, the reasons for estrangement are far more complex and varied. As a result of rising rates of

individualism, an increasing cultural emphasis on happiness, growing economic insecurity, and a historically recent perception that parents are obstacles to personal growth, many parents find themselves forever shut out of the lives of their adult children and grandchildren. As a trusted psychologist whose own daughter cut off contact for several years and eventually reconciled, Dr. Joshua Coleman is uniquely qualified to guide parents in navigating these fraught interactions. He helps to alleviate the ongoing feelings of shame, hurt, guilt, and sorrow that commonly attend these dynamics. By placing estrangement into a cultural context, Dr. Coleman helps parents better understand the mindset of their adult children and teaches them how to implement the strategies for reconciliation and healing that he has seen work in his forty years of practice. Rules of Estrangement gives parents the language and the emotional tools to engage in meaningful conversation with their child, the framework to cultivate a healthy relationship moving forward, and the ability to move on if reconciliation is no longer possible. While estrangement is a complex and tender topic, Dr. Coleman's insightful approach is based on empathy and understanding for both the parent and the adult child.

**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.

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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

**Mothers and Daughters** Andrea O'Reilly 2000 In 1976, Adrienne Rich wrote in *Of Woman Born: Motherhood as Experience and Institution* that “the cathexis between mother and daughter is essential, distorted, misused—is the great unwritten story.” In the quarter century since Rich wrote those words, the topic of mothers and daughters has emerged as a salient issue in feminist scholarship. Using women’s writing, film, feminist theory, and personal experience, contributors to *Mothers and Daughters* explore how the mother/daughter relationship is represented and experienced as a site of empowerment. This volume will offer readers an important and welcome chapter in the story of the complex relationship that is a part of nearly every woman’s life.

**The Mother Knot** Jane Lazarre 1997 A feminist classic and a valuable testimonial to the experience of mothering. Originally published in 1976 but still relevant today, this is a fierce, often funny, often painful description of Lazarre's first few years of motherhood.

**The Myth of Women's Masochism** Paula J. Caplan 2005 "Finally, a definitive study that debunks

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one of Freud's most damaging myths--that women are inherently masochistic--...offers healthier ways...to view female behavior." MS. Magazine "Concrete, convincing...sensible...revolutionary, calling for nothing short of a revision in our thinking about women..." Philadelphia Inquirer "...not a quick-fix pop psychology do-it-yourselfer but a thoughtful examination of a persistent, self-defeating myth." Chicago Tribune "...outstanding scholarly debunking of [an] extremely damaging cultural belief...it contains valuable lessons for...the mental health professions." Readings "So convincing are her arguments...that often one is left wondering how on earth such theories could ever have been taken seriously." Morning Star, London

**When Johnny and Jane Come Marching Home** PAULA J. CAPLAN 2019-06-28 Traumatized veterans are often diagnosed as suffering from a psychiatric disorder and prescribed a regimen of psychotherapy and psychiatric drugs. But why, asks psychologist Paula J. Caplan in this impassioned book, is it a mental illness to be devastated by war or other intolerable experiences such as military sexual assault? What is a mentally healthy response to death, destruction, and moral horror? In *When Johnny and Jane Come Marching Home*, Caplan argues that the standard treatment of therapy and drugs is often actually harmful. It adds to veterans' burdens by making them believe wrongly that they should have "gotten over it"; it isolates them behind the closed doors of the therapist's office; and it makes them rely on often harmful drugs. The numbers of traumatized veterans from past and present wars who continue to suffer demonstrate the ineffectiveness of this approach. Sending anguished veterans off to talk to therapists, writes Caplan, conveys the message that the rest of us don't want to listen—or that we don't feel qualified to listen. As a result, the truth about war is kept under wraps. Most of us remain ignorant about what war is really like—and continue to allow our governments to go to war without much protest. Caplan proposes an alternative: that we

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welcome veterans back into our communities and listen to their stories, one-on-one. (She provides guidelines for conducting these conversations.) This would begin a long overdue national discussion about the realities of war, and it would start the healing process for our returning veterans.

Loving Your Mother without Losing Your Mind H. Norman Wright 2010-08-01 Trusted counselor H. Norman Wright and his daughter, Sheryl, reveal why the mother-daughter relationship doesn't have to control your life or your future. With godly wisdom and practical insights, this book shows readers how to start building a new relationship with their mothers--today.

**You Never Call! You Never Write!** Joyce Antler 2007-04-02 In *You Never Call, You Never Write*, Joyce Antler provides an illuminating and often amusing history of one of the best-known figures in popular culture--the Jewish Mother. Whether drawn as self-sacrificing or manipulative, in countless films, novels, radio and television programs, stand-up comedy, and psychological and historical studies, she appears as a colossal figure, intensely involved in the lives of her children. Antler traces the odyssey of this compelling personality through decades of American culture. She reminds us of a time when Jewish mothers were admired for their tenacity and nurturance, as in the early twentieth-century image of the "Yiddische Mama," a sentimental figure popularized by entertainers such as George Jessel, Al Jolson, and Sophie Tucker, and especially by Gertrude Berg, whose amazingly successful "Molly Goldberg" ruled American radio and television for over 25 years. Antler explains the transformation of this Jewish Mother into a "brassy-voiced, smothering, and shrewish" scourge (in Irving Howe's words), detailing many variations on this negative theme, from Philip Roth's *Portnoy's Complaint* and Woody Allen's *Oedipus Wrecks* to television shows such as "The Nanny," "Seinfeld," and "Will and Grace." But she also uncovers a new counter-narrative, leading feminist scholars and stand-up comediennes to see the Jewish Mother in positive terms. Continually revised

and reinvented, the Jewish Mother becomes in Antler's expert hands a unique lens with which to examine vital concerns of American Jews and the culture at large. A joy to read, *You Never Call, You Never Write* will delight anyone who has ever known or been nurtured by a "Jewish Mother," and it will be a special source of insight for modern parents. As Antler suggests, in many ways "we are all Jewish Mothers" today.

**Making Sense of Women's Lives** Lauri Umansky, co-editor with Paul K. Longmore 2000-08-01  
Making Sense of Women's Lives presents a wide range of writings about women's lives in the United States. Michele Plott and Lauri Umansky have drawn on their experiences as both students and professors to assemble the collection. Seeking to provide as full a sampling from a diverse and intellectually vibrant field as one volume permits, the editors have also chosen writing that makes an enjoyable read. A few of the selections here represent the undisputed 'classics' of the field. More of them constitute simply the works, drawn from academic and nonacademic sources alike, that could make a difference in understanding what it means to be female in America.

**Self-Help That Works** John C. Norcross Ph.D. 2013-03-05 Self-help is big business, but alas, not always a scientific one. Self-help books, websites, and movies abound and are important sources of psychological advice for millions of Americans. But how can you sift through them to find the ones that work? *Self-Help That Works* is an indispensable guide that enables readers to identify effective self-help materials and distinguish them from those that are potentially misleading or even harmful. Six scientist-practitioners bring careful research, expertise, and a dozen national studies to the task of choosing and recommending self-help resources. Designed for both laypersons and mental-health professionals, this book critically reviews multiple types of self-help resources, from books and autobiographies to films, online programs, support groups, and websites, for 41 different behavioral

disorders and life challenges. The revised edition of this award-winning book now features online self-help resources, expanded content, and new chapters focusing on autism, bullying, chronic pain, GLB issues, happiness, and nonchemical addictions. Each chapter updates the self-help resources launched since the previous edition and expands the material. The final chapters provide key strategies for consumers evaluating self-help as well as for professionals integrating self-help into treatment. All told, this updated edition of *Self-Help that Works* evaluates more than 2,000 self-help resources and brings together the collective wisdom of nearly 5,000 mental health professionals. Whether seeking self-help for yourself, loved ones, or patients, this is the go-to, research-based guide with the best advice on what works.

**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

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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.

**Conflicted Hearts** D. G. Kaye 2013-12-25 "D.G. Kaye writes with an emotional, powerful voice. Her inspirational stories captivate with a unique blend of style and substance."-J. Thorn, Author of *The Portal Arcane* series Somehow I believed it was my obligation to try to do the right thing by her because she had given birth to me. Burdened with constant worry for her father and the guilt caused by her mother's narcissism, D.G. Kaye had a short childhood. When she moved away from home at age eighteen, she began to grow into herself, overcoming her lack of guidance and her insecurities. Her life experiences became her teachers, and she learned from the mistakes and choices she made along the way, plagued by the guilt she carried for her mother. *Conflicted Hearts* is a heartfelt journey of self-discovery and acceptance, an exploration of the quest for solace from emotional guilt. *Journal of the Association for Research on Mothering* 2005

*Wide Sargasso Sea* Jean Rhys 2016-11-22 One of the BBC's '100 Novels That Shaped Our World' A gorgeous clothbound edition of Jean Rhys's great masterpiece of desire and madness in the Caribbean, published for the novel's fiftieth anniversary. Born into the oppressive, colonialist society of 1930s Jamaica, white Creole heiress Antoinette Cosway meets a young Englishman who is drawn to her innocent beauty and sensuality. After their marriage, however, disturbing rumours begin to

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circulate which poison her husband against her. Caught between his demands and her own precarious sense of belonging, Antoinette is inexorably driven towards madness, and her husband into the arms of another novel's heroine. This classic study of betrayal, a seminal work of postcolonial literature, is Jean Rhys's brief, beautiful masterpiece. 'She took one of the works of genius of the nineteenth century and turned it inside-out to create one of the works of genius of the twentieth century' Michele Roberts, The Times

**Bias in Psychiatric Diagnosis** Paula J. Caplan 2004 "Caplan and Cosgrove provide a broad overview of the literature in the form of 32 papers on bias in diagnostic labeling. The papers examine the creation of bias in diagnosis, the legal implications, forms of bias found in psychiatric diagnosis, bias in specific labels, and solutions to the problem. Annotation ©2004 Book News, Inc., Portland, OR." -- WEBSITE.

Mother Outlaws Andrea O'Reilly 2004-05-13 Feminist scholars of motherhood distinguish between mothering and motherhood, and argue that the latter is a patriarchal institution that is oppressive to women. Few scholars, however, have considered how mothering, as a female defined and centred experience, may be a site of empowerment for women. This collection is the first to do so. Mother Outlaws examines how mothers imagine and implement theories and practices of mothering that are empowering to women. Central to this inquiry is the recognition that mothers and children benefit when the mother lives her life, and practices mothering, from a position of agency, authority, authenticity and autonomy.

**Don't Blame Mother** Paula J. Caplan 1990 A nationally recognized expert on the psychology of women shows how the anger and agony of the mother-daughter relationship can be replaced with a new bond based on understanding and respect.

**Encyclopedia of Motherhood** Andrea O'Reilly 2010-04-06 In the last decade, the topic of motherhood has emerged as a distinct and established field of scholarly inquiry. A cursory review of motherhood research reveals that hundreds of scholarly articles have been published on almost every motherhood theme imaginable. The Encyclopedia of Motherhood is a collection of approximately 700 articles in a three-volume, A-to-Z set exploring major topics related to motherhood, from geographical, historical and cultural entries to anthropological and psychological contributions. In human society, few institutions are as important as motherhood, and this unique encyclopedia captures the interdisciplinary foundation of the subject in one convenient reference. The Encyclopedia is a comprehensive resource designed to provide an understanding of the complexities of motherhood for academic and public libraries, and is written by academics and institutional experts in the social and behavioural sciences.

Women's Studies Index 1992

It Never Ends Nan Gefen 2017-10-10 *It Never Ends: Mothering Middle-Aged Daughters* explores the complex challenges and unexpected rewards of aging mothers in their relationships with their midlife daughters. Based on interviews with women between 65 and 85, it illuminates issues of closeness, distance, longing, and need that arise. Mothers speak openly about the ongoing effects of the past on the present, the cultural, familial, and interpersonal conflicts that remain, and the varied and often invisible ways they continue mothering. As mothers enter the last decades of their lives, their roles with their daughters often shift and change in complicated ways. Now that they are no longer central in caring for them as they once were, many experience a recalibrating of authority, autonomy, and independence. Their courage is apparent as they reflect on the mistakes they've made, acknowledge their regrets, and search to come to terms with their relationships as they now

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are.

*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

"Bad" Mothers Molly Ladd-Taylor 1998 "With a distinct minority of American families living the two-parent, one-worker lifestyle touted as the norm," the authors examine the question: "Do most mothers now qualify as 'bad' mothers in one way or another?"--Cover.

**Thinking Critically about Research on Sex and Gender** Paula J Caplan 2015-08-07 The authors first demonstrate that most of the claims about sex and gender are not well supported by research, and then provide readers with constructive critical tools they can apply to this wealth of research to come to realistic, constructive conclusions. All of this is provided in a concise, inexpensive volume by

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a best-selling trade author and instructor team.

**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 re definition ultimately results in real friendship, affectionate truce, or divorce.

*The Difficult Mother-Daughter Relationship Journal* Karen C.L. Anderson 2020-01-14 #1 New Release in Parent & Adult Child Relationships – Healing for Mothers and Daughters A compassionate guide: Karen C.L. Anderson is a storyteller, feminist, and speaker who views the world through the lens of curiosity and fascination. As a mother-daughter relationship expert, she gently guides readers through revealing painful patterns in their relationships to finding ultimate healing. Her book isn't a quick fix. Rather, she writes to help mothers and daughters heal and either reconcile or peacefully separate. Tips and tools for healing: Anderson comes prepared in this book to offer readers practical advice for creating a healthier relationship. Her previous book, *The Peaceful Daughter's Guide to Separating from a Difficult Mother*, was an international bestseller, and she offers new practical wisdom in this journal. From setting healthy boundaries to creating a new outlook, Anderson helps readers create peace in their troubled relationships. You're not alone in the struggle: Studies suggest that nearly 30% of women have been estranged from their mothers at some point. It can be difficult to talk about the strain of mother and daughter relationships because they are so often glorified in our society as one of the most precious bonds. If anything, however, that makes them more important to talk about. Anderson's book is ideal for mothers and daughters alike, whether they read it separately or together. Open it up and find: • Various prompts and

practices for building a relationship around healthy interdependence rather than dysfunctional codependence • A way to transform things that create pain into a source of wisdom and creativity • An informative and intriguing self-care gift for women in the form of a healing journal Readers of self-help books such as *Mothers Who Can't Love*, *Adult Children of Emotionally Immature Parents*, and *Difficult Mothers*, *Adult Daughters* will find a wonderful source of help and healing in Anderson's *The Difficult Mother-Daughter Relationship Journal*.

**The Mother Blame Game** Vanessa Reimer 2015-11-01 The Mother-Blame Game is an interdisciplinary and intersectional examination of the phenomenon of mother-blame in the twenty-first century. As the socioeconomic and cultural expectations of what constitutes "good motherhood" grow continually narrow and exclusionary, mothers are demonized and stigmatized—perhaps now more than ever—for all that is perceived to go "wrong" in their children's lives. This anthology brings together creative and scholarly contributions from feminist academics and activists alike to provide a dynamic study of the many varied ways in which mothers are blamed and shamed for their maternal practice. Importantly, it also considers how mothers resist these ideologies by engaging in empowered and feminist mothering practices, as well as by publicly challenging patriarchal discourses of "good motherhood."

*For Mothers of Difficult Daughters* Charney Herst 2011-08-17 The first mother-daughter book for mothers, featuring a new Afterword and a Reading Group Discussion Guide . Do you long for a better relationship with your daughter? . Do you occasionally feel as though you have failed as a mother? . Do you blame yourself because your relationship with your daughter is strained, faltering, or nonexistent? . Do you feel that the relationship is unchangeable and that there is no chance that it could become a nurturing and deeply satisfying friendship? Dr. Charney Herst knows that there is

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always more than one side to a story, and in her book, *For Mothers of Difficult Daughters*, she uses her twenty-five years of experience as counselor and group therapist to provide mothers with solutions that work. In the book she first helps you understand your particular relationship with your grown daughter--untangling the complex web of personal history and intense emotion inherent in any mother-daughter relationship. Then she describes practical, successful, mother-tested steps you can take to repair this all-important bond.

*Daughtering and Mothering* KMG Schreurs 2003-09-02 First published in 1993. Routledge is an imprint of Taylor & Francis, an informa company.

*Woman-Defined Motherhood* Jane Price Knowles 2014-02-04 Finally, here is an enlightening and empowering book that defines motherhood from a feminist perspective and then explores the implications of that definition. Feminist authors examine some of women's full, rich, and varied thoughts and experiences about motherhood. In contrast to the too often accepted male notions of what constitutes a "good" mother or a "normal" family, this important book presents a comprehensive and balanced view of motherhood--as women have observed and experienced it. The major issues surrounding motherhood today are closely examined--the pervasive problem of mother-blaming and mother-hating and solutions to overcome it; ageism, sexism, and motherhood; relationships between mothers and daughters; relationships between stepmothers and stepchildren; motherhood and sex roles within the family; adoption; infertility; and childlessness. Special insight is also provided into the concerns of women who are mothers--lesbians, women of color, mothers of biracial children, and adoptive mothers of children from different cultures. *Woman-Defined Motherhood* is must reading for women, including both mothers and daughters, for therapists and other professionals supporting women, and for anyone interested in mothering.



**The Mother-Daughter Puzzle** Rosjke Hasseldine 2017 Rosjke Hasseldine, an international expert on the mother-daughter relationship, provides a step-by-step guide on how to map your mother-daughter history, claim your voice, and enjoy an emotionally connected, mutually supportive mother-daughter bond.

*Breast Cancer* Julianne S Oktay 2013-12-16 "I will always and forever feel I have a 'hole' in my life where my mother once existed." "I think, when you have to think about the fact you might have to take care of your parents someday and juggle kids at the same time...It's a scary proposition." "We had open communication during and before the breast cancer. But then after the breast cancer, I was often afraid to bring things up, in trying to protect Mom." This insightful book tells the stories of women whose mothers had breast cancer. It uses their own voices to express the common fears and expectations of daughters in the periods before and during their mothers' illnesses, involving genetic risks, death and dying, and changes in their relationships. The case studies, tables and figures, and two appendices will benefit health professionals and counselors, while the poignant narratives will help mothers and daughters better understand their experiences with breast cancer. "I was kind of surprised to be alive and free of cancer at age 42, when at this point my mother was crippled by metastases. When I get to be 43—the age at which my mother died, or maybe when I get to 44—it's like, 'what do I do?' I have this life that I didn't expect to have." *Breast Cancer: Daughters Tell Their Stories* presents the results of a qualitative, grounded theory study of breast cancer survivors, providing in-depth information about an aspect of breast cancer that has been previously overlooked. The book examines the daughters' experiences through four phases—the period prior to mother's illness, the period during mother's illness and treatment, the period following mother's death (if mother dies), and the long-term impact. From this study, recommendations are compiled

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for providing or improving services for tomorrow's daughters. "The radical mastectomy left her scarred and disfigured below her nightgown. It was bruised and nasty looking. That was kind of scary. I think that has terrified me since. Sometimes I'll have pains in my left breast and that's what I visualize. It's terrifying." "I'm not really obsessed about dying of cancer. I'm more along the line of, 'If this is going to happen to me, and there's a chance it's going to, I'm gonna survive. I'm not going to die from it.'" From an empathetic perspective, this book reveals how many daughters react to and deal with their mothers' diagnoses, depending on their age and family situation at the time of their mothers' illnesses. It shows how daughters can gain a more accurate idea of their level of risk by providing educational materials and developing new strategies for communication. It also helps breast cancer survivors see how their illnesses can shape their daughters' future outlook, offering new inspiration for resolving and preventing family crises.

*Encyclopedia of Women and Gender*

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.

*Fat Blame* April Michelle Herndon 2014-06-06 A four year old Mexican American girl is taken away from her parents because she is obese and experiencing health problems related to her weight. Such a measure, once seen as extreme, quickly comes to be seen as a logical means of addressing a problem viewed as nothing short of child abuse. And yet, for all the purported concern for these children's welfare, little if any mention is ever made of the psychological ramifications of removing

children from their families. They are simply the latest victims of the war on obesity—a war declared on a “disease” but conducted, April Herndon contends in this book, along cultural lines. *Fat Blame* is a book about how the war on obesity is, in many ways, shaping up to be a battle against women and children, especially women and children who are marginalized via class and race. While conceding that fatness can be linked to certain conditions, or that some populations might be heavier than others, Herndon is more interested in the ways women and children are blamed for obesity and the ways interventions aimed at preventing obesity are problematic in and of themselves. From bariatric surgeries being performed on children to women being positioned as responsible for carrying to term a generation of thin children, her book looks closely at the stories of real people whose lives are drastically altered by interventions that are supposedly for their own good. As with so many practices surrounding bodies and health, like dieting, people are often simultaneously blamed and empowered through policies and interventions, especially those that seem to offer them choices. What Herndon reveals is how such choices only offer the illusion of being empowering. Rather, she shows how woman and children are pushed, pulled, and sometimes victimized by interventions such as bariatric surgeries, limits on reproductive technologies, and having their families broken up by the courts. Only by identifying members of this group as victims of discrimination, she argues, can we hope to return them to a fuller and richer kind of agency. In declaring a war on obesity, the United States has said that fat is one of the most serious enemies it faces. *Fat Blame* asks us to confront the real enemy—the moral, political, and ideological significance of our every move in this “war.”

[They Say You're Crazy](#) Paula J. Caplan 1995-04-30 In this shocking expose of the process by which the mental-health elite judge us all, Caplan demonstrates that much of what is labeled “mental

illness" would be more appropriately called "problems in living". She also points out the flaws in using the DSM (Diagnostic and Statistical Manual of Mental-Health Disorders) to decide who is truly mentally ill.

**Mended** Blythe Daniel 2019-04-09 "An amazing resource for anyone who desires to deepen their mother-daughter relationship in a biblical, healthy, and healed way." —Lysa TerKeurst, New York Times bestselling author and president of Proverbs 31 Ministries You can be restored even when your relationship is frayed Ever wonder why mothers and daughters can be so different and even seem to speak different languages? Mended gives you conversation starters to speak life into your relationship with your mother or daughter. Discover powerful words that usher in healing for wounded hearts and rebuild, restore, and reconcile your connection. Set new patterns going forward as you... find common ground and put your relationship ahead of your differences learn what to say when you don't know what to say grow closer when you do hard things together If you have a difficult history with your mother or daughter, you don't have to continue patterns of brokenness. No matter how worn you feel, you don't have to become unthreaded. God wants to mend your heart to His and to hers.

**The New Don't Blame Mother** Paula Caplan 2002-06 Shows us that dangerous myths about mothers pervade our culture and have created or aggravated many of the problems between mothers and daughters.

*Feminist Perspectives on Eating Disorders* Patricia Fallon 1996-10-01 Advancing the literature on a critical topic, this important new work illuminates the relationship between the anguish of eating disorder sufferers and the problems of ordinary women. The book covers a wide variety of issues - from ways in which gender may predispose women to eating disorders to the widespread cultural

concerns these problems symbolize. Throughout, the psychology of women is reflected in the concepts and methods described; there is an explicit commitment to political and social equality for women; and therapy is reevaluated based on an understanding of the needs of women patients and the potentially differing contributions of male and female therapists. Providing valuable insights into the critical problem of eating disorders, this book is essential reading for clinicians and researchers alike. Also, by examining many of the ways in which women are affected by and respond to society's gender politics, the book may be used as a text in women's studies courses.

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