



# Mean Mothers

**OVERCOMING  
THE LEGACY OF HURT**

**Peg Streep**

FOREWORD BY RACHEL HARRIS, PH.D.

# Mean Mothers Overcoming The Legacy Of Hurt

**Holli Kenley**



## **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 *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** 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

**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

**Daughter Detox** Peg Streep, 2017 A self help book based in science the result of more than a decade of research Daughter Detox offers the daughters of unloving mothers vital information guidance and real strategies for healing from childhood experiences and building genuine self esteem Writer Peg Streep lays out seven distinct but interconnected stages on the path to reclaim your life from the effects of a toxic childhood DISCOVERY DISCERNMENT DISTNGUISH DISARM RECLAIM REDIRECT and RECOVER Each step is clearly explained and richly

detailed with the stories of other women approaches drawn from psychology and other disciplines and unique exercises The book will help the reader tackle her own self doubt and become consciously aware of how her mother's treatment continues to shape her behavior even today The message of the book is direct What you experienced in childhood need not continue to hold you back in life What was learned can be unlearned with effort The book begins with DISCOVERY opening up the reader's understanding of how she has been wounded and influenced by her mother's treatment Recognizing the eight toxic maternal behaviors dismissive controlling emotionally unavailable unreliable self involved or narcissistic combative enmeshed or role reversed lays the foundation for the daughter's awareness of how her way of looking at the world connecting to others and ability to manage stress were affected DISCERNMENT delves into the patterns of relationship in her family of origin and how they played a part in her development and then shifts to looking closely at how the daughter adapted to her treatment either silencing or losing her true self in the process Next up is DISTINGUISH seeing how the behavioral patterns we learned in childhood animate all of our relationships in the present with lovers and spouses relatives friends neighbors and colleagues The act of distinguishing allows us to see why so many of us end up in unsatisfying relationships chose the wrong partners or are unable to develop close friendships Active recovery begins with DISARM as the daughter learns how to disconnect unconscious patterns of reaction and behavior and substitute actions that will foster the growth of self esteem Understanding the triggers that set us off the cues that put us on the defensive and the default positions of blaming ourselves and making excuses for other people's toxic behavior are addressed as are unhealthy behaviors such as rumination rejection sensitivity and more RECLAIM is the stage at which the reader begins to actively make new choices preparing herself so that she can live the life she desires by seeing herself as having agency and being empowered Making new choices and figuring out how to manage her relationship to her unloving or toxic mother is the focus of REDIRECT There are stories to inspire and challenge your thinking exercises that show you how to swap out self criticism for self compassion guidance on how to use journaling as a tool of self discovery and growth and advice on goal setting Finally RECOVER challenges the reader to come up with a new definition of what it means to heal suggests tools to overcome the obstacles she places in her own way and strategies to become the best most authentic version of herself

Youth's Companion, 1918      *Mothers Who Can't Love* Susan Forward, Donna Frazier Glynn, 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

Difficult Mothers Terri Apter, 2012-04-30 An essential work for readers seeking compassionate wise guidance about the powerful relationship between mothers and their sons and daughters Mother love is often seen as sacred but for many children the relationship is a painful struggle Using the newest research on human attachment and brain development Terri Apter an internationally acclaimed psychologist and writer unlocks the mysteries of this complicated bond She showcases the five different types of difficult mother the angry mother the controlling mother the narcissistic mother the envious mother and the emotionally neglectful mother and explains the patterns of behavior seen in each type Apter also explores the dilemma at the heart of a difficult relationship why a mother has such a powerful impact on us and why we continue to care about her responses long after we have outgrown our dependence She then shows how we can conduct an emotional audit on ourselves to overcome the power of the complex feelings a difficult mother inflicts In the end this book celebrates the great resilience of sons and daughters of difficult mothers as well as acknowledging their special challenges

**Will I Ever be Good Enough?** Karyl McBride, 2008 The first book specifically for daughters suffering from the emotional abuse of selfish self involved mothers Will I Ever Be Good Enough provides the expert assistance you need in order to overcome this debilitating history and reclaim your life for yourself Drawing on over two decades of experience as a therapist specializing in women's psychology and health psychotherapist Dr Karyl McBride helps you recognize the widespread effects of this maternal emotional abuse and guides you as you create an individualized program for self protection resolution and complete recovery An estimated 15 million American women have narcissistic personality disorder which makes them so insecure and overbearing insensitive and domineering that they can psychologically damage their daughters for life Daughters of narcissistic mothers learn that maternal love is not unconditional and that it is given only when they behave in accordance with their mothers often unreasonable expectations and whims As adults these daughters consequently have difficulty overcoming their insecurities and feelings of inadequacy disappointment sadness and emotional emptiness They may also have a terrible fear of abandonment that leads them to form unhealthy love relationships as well as a tendency to perfectionism and unrelenting self criticism or to self sabotage and frustration Herself the recovering daughter of a narcissistic mother Dr McBride includes her personal struggle which adds a profound level of authority to her work along with the perspectives of the hundreds of suffering daughters she's interviewed over the years Their stories of how maternal abuse has manifested in their lives as well as how they have successfully overcome its effects show you that you re

not alone and that you can take back your life and have the control you want Dr McBride's step by step program will enable you to 1 Recognize your own experience with maternal narcissism and its effects on all aspects of your life 2 Discover how you have internalized verbal and nonverbal messages from your mother and how these have translated into a strong desire to overachieve or a tendency to self sabotage 3 Construct a step by step program to reclaim your life and enhance your sense of self a process that includes creating a psychological separation from your mother and breaking the legacy of abuse You will also learn how not to repeat your mother's mistakes with your own daughter Warm and sympathetic filled with the examples of women who have established healthy boundaries with their hurtful mothers Will I Ever Be Good Enough encourages and inspires you as it aids your recovery Difficult Mothers, Adult Daughters Karen C.L. Anderson, 2018-03-13 Transform Your Relationship with Your Difficult Narcissistic Mother An empowering book that offers clarity and validation as well as strategies for freeing yourself from the control of an unhealthy mother relationship Susan Forward Ph D author of Toxic Parents and Mothers who Can't Love 1 Bestseller in Codependency The best news on the planet is that your mother doesn't have to change in order for you to be happy In fact author Karen C L Anderson takes it a step further to say your difficult narcissistic mother doesn't have to change in order for you to be free peaceful content and joyful Emotional detachment from your narcissistic mother without guilt Inspired by her own journey 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 Learn through the experiences of others The book is filled with personal stories and experiences practical tools and journal prompts that can be used now to experience the joy of letting go Anderson compassionately leads women struggling in their relationships with their toxic mothers through a process of self awareness and understanding Her experience with hundreds of women has resulted in cases of profound growth and transformation Funny and compassionate This book is about Karen discovering and accepting the whole of who she is separate from her mother and making her discoveries accessible to women struggling to redefine their challenging relationships with their mothers Her writing is relatable real funny and compassionate Inside learn Why mother daughter relationships can be toxic How to heal and transform your mother wounds The art of creating and maintaining impeccable boundaries If you liked Codependent No More Adult Children of Emotionally Immature Parents or Henry Cloud's Boundaries you'll love Difficult Mothers Adult Daughters **Broken2Promise** Carolynne Shannon, 2020-03-11 Has your mother hurt and betrayed you Do you feel bitter and resentful toward her Would you like to be healed and set free Being the daughter of an unloving mother is a dark secret many of us carry We feel ashamed angry lost and simply not good enough And what complicates matters is our inability to express our true feelings because of the hallowed title of mother Mother Wounds exposes the pain heartache and impact of wounds inflicted on daughters by mothers It gives voice to the haunting suppressed emotions many of us hide inside This is not a mother bashing book rather it is about truth and healing In a gentle yet candid manner the author opens up about her

personal experiences with her mother abandonment neglect abuse anger fears and insecurities But she also takes us on her remarkable journey of healing forgiveness restoration and victory The emotional verbal and physical scars of mothers have ruined many lives But scarred for life does not have to be your story Your mother wounds must not define or overshadow your future Use this practical inspiring book to overcome and move forward Also discover Signs of mother wounds How to reclaim control of your life How to recognize trauma What are unhealthy attachments Effects of mother wounds And more

**How Do We Forgive Our Mothers?** Hope Coleman, Hope Coleman Lmsw, 2020-05-09 How Do We Forgive Our Mothers is more than just the story of Hope but it s a story of hope This book shines a light on the toxic mother and daughter relationships that seem to plague so many families of color It often feels like the adult daughters in these relationships are forgotten about We are left out of the joyous Mother s Day celebrations shamed about our experiences and criticized for feeling hurt For too long we have suffered in silence For too long we ve been expected to accept toxic behavior at the hands of our mothers and forced to acknowledge it as love How Do We Forgive Our Mothers is divided into two parts It is not only a memoir but it is also a how to manual for adult daughters on how to reconcile with the pain of their strained relationships Healing is possible This book will teach you how to live your best life in spite of this disconnect This practical guide is what you need to be at peace with your relationship whether your mother s behaviors change or not **The Mother I Carry**

Louise M. Wischchild, 2014-07-13 In The Mother I Carry acclaimed author of The Obsidian Mirror Louise M Wischchild again eloquently explores her childhood and her journey to heal this time focusing on her relationship with her emotionally abusive mother Wischchild moves between her present life and her childhood memories to uncover her own emotional development at different ages beginning with infancy Using therapy creative expression inner voices and bodywork Wischchild shares her journey of change and personal empowerment An eloquent and moving book for those wanting to explore their relationship with their mothers and also for those who want to better understand child development emotional abuse and healing

Beyond Damage: Aggressive Recovery From The Toxic Mother-Daughter Bond Julia Kathleen Gillis, 2019-11-22 This book is directed at women who are surviving after living through or are still currently living with a mother who is toxic This book is for women who are searching for recovery from unloving mothers This book is both a memoir and a self help book It s also an aggressive learning curve It began as a tool for myself and morphed into a desire to help others due to the lack of effective solutions I was finding in the related literature I m going to share with you my journey to a better life a life I found beyond my mother and beyond my damage but no longer beyond my control This book is not for women who want to work it out with their moms This book is for women who want to work themselves out This isn t a hippy dippy take it easy go slow thing This is fierce This book is the life hack version for women raised by emotionally abusive mothers We will not be opening our hearts to the universe I will not be offering warm fuzzy things so you can gently approach a more inclusive and holistic experience on our metaphysical plain We will not be learning to vibrate at a higher frequency This book is a Louisville



slugger to a set of headlights This book is the shove It s the push This book is not a path it s an uphill rugged unmarked cliff side There is a way for us to build ourselves beyond and above our current framework We need to believe our shell has potential to expand to accommodate an excess of progress We can surpass or transcend our current psychological mental emotional domains The people in this world who enter the thriving mindset are people who are living beyond trauma damage abuse suffering and victim hood Our goal is to make sure you ve left the place of victim behind you We are going to remove that description from your identity On top of that we re going to change you from survivor to thriver Tough concept I know But it s real and we can do it This book will help you be passionate about not carrying on a damaged legacy of love to the other people around you It takes learning it takes practice The tools in this book are the ones children should be offered by loving caregivers You were not But it s never too late to change and never too late to learn There is life beyond your damage A life beyond your mother A life that you control and have ownership of A life that you can lay down in front of yourself brick by brick the way you want it to be Lay that next brick and take that next step Don t survive this life Thrive in this life

Break Free from Narcissistic Mothers Hannah Alderete,2022-01-25 Heal from childhood trauma overcome the damaging effects of emotionally immature behaviors and discover your true self through guided activities in this friendly workbook Many daughters struggle with their self worth when dealing with a narcissistic mother It is easy to criticize yourself and bury your emotions The effects of this trauma can lead to self doubt depression anxiety people pleasing tendencies fear and many other complications that follow you into adulthood Break Free from Narcissistic Mothers gives you the tools to reconnect with yourself and reintroduce all of your emotions back into your psyche It includes Journal prompts to cultivate flexible boundaries and challenge inaccurate beliefs Reflective exercises for managing your relationship with your mother Interactive activities to help you redefine yourself Written by an experienced mental health counselor this book is designed to help readers access their feelings and emotions build their confidence and establish clear boundaries to live a fulfilling life

*Daughters Betrayed by Their Mothers* Holli Kenley,2018 Frontcover backcover pdf Lemon Moms Companion Workbook Diane Metcalf,2020-12-04 A Comprehensive Workbook for Understanding and Overcoming the Legacy of Maternal Narcissism Take your journey towards healing and empowerment a step further with the Lemon Moms Companion Workbook Action Steps to Understand and Survive Maternal Narcissism a comprehensive workbook designed to accompany book 1 Lemon Moms A Guide to Understand and Survive Maternal Narcissism This workbook is an essential tool for anyone seeking to understand and overcome the complex legacy of being raised by a narcissistic mother Through a carefully structured program of reflection exercises and actionable steps it offers a path to reclaiming your sense of self and building healthy fulfilling relationships Lemon Moms Companion Workbook Action Steps to Understand and Survive Maternal Narcissism guides you through a deeply personal exploration of your experiences emotions and patterns shaped by maternal narcissism The workbook is divided into thematic sections each focusing on critical aspects of recovery such as setting enforceable

boundaries overcoming codependency and healing emotional hotspots and triggers Thought provoking questions and exercises encourage introspection and self discovery while practical action steps empower you to implement real changes in your life Whether you re just beginning to uncover the impact of maternal narcissism on your life or you re further along in your healing journey this workbook provides valuable tools and insights to support your path to recovery Empowering Tools for Self Discovery and Healing The companion workbook complements the insights provided in the main book and stands on its own as a powerful resource for healing It s a source of strength offering understanding and a clear roadmap to healing beyond the shadows of maternal narcissism Whether used individually or as part of therapy the Lemon Moms Companion Workbook is an indispensable guide providing a comforting sense of support and understanding for anyone looking to heal from the deep seated effects of maternal narcissism and embrace a brighter more authentic future What s stopping you from starting your healing journey Don t keep putting it off Get this book and start empowering yourself today Scroll up to look inside to begin Chapter 1 right now

**Horrible Mothers** Thie Vieira, 2009-08 This seemingly simple but truly complex question True or false My mother was a good woman This item has appeared in one form or another on countless psychological inventories over the years The culturally prescribed answer is of course True Even the people most abused by their mothers tend to rise to defend Mom The rationale varies She was basically good She was never cut out to have children She simply had no idea how to be there for me Perhaps if she hadn t had me Maybe it was I who turned her into a bad mother As early as 1954 in his work with abused children psychoanalyst Ronald Fairbairn observed that a child acknowledging to herself or anyone else that she had a bad mother or that her mother was a bad woman was tantamount to admitting that the child was by association a bad person and so it becomes an act of self preservation to hold that one s mother is good never mind all evidence to the contrary In *Horrible Mothers* psychotherapist Alice Thie Vieira takes us into the world of individuals who have endured devastating damage at the hands of society s most sacrosanct icon the Mother Vieira does so with four chief aims 1 to label abuse so as to be able to acknowledge it 2 to recognize that the sanctification of motherhood is a burden that society has foisted upon them 3 to help mothers understand how their mothering may have hurt their children 4 to help victims of horrible mothering grasp the unfairness of what was done to them to comprehend how it affected their lives and acknowledge what they have endured so as to break free from unhealthy attachments to their inadequate mothers and thus move forward and better realize their potentiality

*Adult Daughters of Emotionally Immature Mothers* Marisa Donovan, 2025-10-03 Did you grow up feeling unseen unsupported or never quite good enough in your mother s eyes When a parent is unable to provide consistent care and understanding the effects often follow a daughter into adulthood But those patterns do not have to define your future With clarity and encouragement this book helps you understand your past break free from unhealthy cycles and reconnect with your true self Inside you will explore The key traits of emotionally immature parenting and how they affect adult daughters The hidden impact of childhood neglect on

confidence choices and relationships Practical tools to release guilt shame and resentment Exercises to challenge negative self talk and rebuild lasting self worth Step by step strategies for setting healthy boundaries without guilt Reflection prompts to stop repeating toxic patterns and create stronger connections Guidance for rediscovering your authentic identity and values Blending insight with actionable practices each chapter invites you to reflect journal and take meaningful steps toward healing This book is not about blame it is about understanding your story honoring your needs and creating a life rooted in confidence resilience and authenticity If you are ready to reclaim your power and move forward with strength this book will walk beside you every step of the way

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