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Mean Mothers Overcoming The Legacy

Not so helpful at "overcoming the legacy of hurt" so much as a statement that yeah, some mothers are mean, and it sucks that people don't often believe this. I actually got some side-eye from my mother-in-law for reading this book ("oh, is it about me? do you think I'm mean?") as an interesting meta-comment on Streep's main point.

Mean Mothers: Overcoming the Legacy of Hurt
by Peg Streep

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.

Mean Mothers: Unloved Daughters and the
Legacy of Hurt ...

Peg Streep, co-author of the highly acclaimed

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Mean Mothers: Overcoming the Legacy of Hurt
by Streep, Peg ...

in mean mothers overcoming the legacy of hurt
peg streep explores the uncomfortable reality
of mothers who lack an inherent ability to
love their children especially daughters
streep herself the daughter of what she terms
an unloving mother deftly weaves her
recollections and those of other baby boomer
generation daughters together with scientific
studies of mother child bonds and get this

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from a library mean mothers overcoming the legacy of hurt peg streep demonstrates what happens to a ...

Mean Mothers Overcoming The Legacy Of Hurt
Mean Mothers: Overcoming the Legacy of Hurt.
An exploration of the darker side of maternal behavior drawn from scientific research, psychology, and the real-life experiences of adult daughters, Mean Mothers sheds light on one of the last cultural taboos: what happens when a woman doesn't or can't love her daughter.

Mean Mothers: Overcoming the Legacy of Hurt |
Peg Streep ...

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StreeP
become loving mothers to the next generation of daughters mean mothers overcoming the legacy of hurt by peg

Mean Mothers Overcoming The Legacy Of Hurt overcoming the legacy of hurt but mean mothers is also a narrative of hope recounting how daughters can get past the legacy of hurt to become whole within and to become loving mothers to the next generation of daughters drawn from research and the real life experiences of adult daughters mean mothers illuminates one of the last

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Legacy of Hurt ...

darker side of maternal behavior overcoming the legacy of hurt mean mothers overcoming the legacy of hurt i just finished peg streeps book mean mothers overcoming a legacy of hurt and have mixed reviews about its content although many profound poignant passages were contained much of what she wrote was so generalized and simplified but mean mothers is also a narrative of hope recounting how daughters can get past the legacy of hurt to become whole within and to become loving mothers to

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behavior overcoming the legacy of hurt there are no psychopathic child abusers in mean mothers but mean mothers is also a narrative of hope recounting how daughters can get past the legacy of hurt to become whole within and to become loving mothers to the next generation of daughters peg streep mean mothers overcoming the legacy

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Buy Mean Mothers: Overcoming the Legacy of Hurt by Streep, Peg online on Amazon.ae at best prices. Fast and free shipping free returns cash on delivery available on eligible purchase.

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.

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An exploration of the darker side of maternal behavior drawn from scientific research, psychology, and the real-life experiences of adult daughters, *Mean Mothers* sheds light on one of the last cultural taboos: what happens when a woman doesn't or can't love her daughter. *Mean Mothers* reveals the multigenerational thread that often runs through these stories—many unloving mothers are the daughters of unloving or hypercritical women—and explores what happens to a daughter's sense of self and to her relationships when her mother is emotionally absent or even cruel. But *Mean Mothers* is also a narrative of hope, recounting how daughters can get past the legacy of hurt to become whole within and to become loving mothers to the next generation of daughters. The personal stories of unloved daughters and sons and those of the author herself, are both unflinching and moving, and bring this most difficult of subjects to life. *Mean Mothers* isn't just a book for daughters who've had difficult or impossible relationships with their mothers. By exposing the myths of motherhood that prevent us from talking about the women for whom mothering a daughter is fraught with ambivalence, tension, or even jealousy, *Mean Mothers* also casts a different light on the extraordinary influence mothers have over their female children as well as the psychological complexity and emotional depth of the mother-daughter relationship.

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BONUS: This edition contains an excerpt from Dr. Susan Forward's *Men Who Hate Women and the Women Who Love Them*. When you were a child... Did your parents tell you were bad or worthless? Did your parents use physical pain to discipline you? Did you have to take care of your parents because of their problems? Were you frightened of your parents? Did your parents do anything to you that had to be kept secret? Now that you are an adult... Do your parents still treat you as if you were a child? Do you have intense emotional or physical reactions after spending time with your parents? Do your parents control you with threats or guilt? Do they manipulate you with money? Do you feel that no matter what you do, it's never good enough for your parents? In this remarkable self-help guide, Dr. Susan Forward drawn on case histories and the real-life voices of adult children of toxic parents to help you free yourself from the frustrating patterns of your relationship with your parents -- and discover an exciting new world of self-confidence, inner strength, and emotional independence.

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

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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.

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

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Recommendations for creating a personalized program for self-protection and recovery. 50,000 first printing.

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

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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.

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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.

Exploring the interaction between mother and daughter during the adolescent years, the authors describe the changing dynamics of the relationship and explore the parental role during a time of emotional and psychological development.

For more than thirty years veteran clinical psychologist Ellen Weber Libby has been helping successful, often-powerful clients in Washington, DC—a place known for its outsized personalities—deal with their personal problems. One pattern that has emerged out of some 60,000 hours of therapy is what she calls the favorite child complex. In this groundbreaking book, she describes in intimate detail how being the favorite child can confer both great advantages and also significant emotional handicaps. While many of

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Dr. Libby's clients are successful because of their favorite-child status—they have been brought up to believe that they can do anything and are unafraid of challenges— they suffer from an array of personality problems. Behind the outward appearance of money, power, charm, and attractive looks, they feel an intense pressure to maintain the façade at all costs. Sometimes their ability to tell the truth becomes shaky; sometimes intimate relationships are elusive. In a series of chapters that offer insightful vignettes from actual therapy sessions (the identities of clients carefully disguised), Dr. Libby explores why parents, consciously or unconsciously, choose a favorite child as well as the long-term effects of being the favorite son or daughter of either or both parents. She also discusses family situations where parents have successfully made each of their children feel favored and have instilled in their children a healthy emotional balance. She details parental skills and family processes that increase the likelihood of this type of success and that, most importantly, reduce the risk of the favorite child's curse—power corrupted. Illuminating for adults trying to come to terms with their own emotional baggage as well as young parents seeking the best way to rear their children, *The Favorite Child* makes for rewarding reading. Ellen Weber Libby, PhD (Annapolis, MD), is a licensed clinical psychologist who has been in private

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practice in Washington, DC, for over thirty years. Her professional experience includes the position of clinical director of a mental health center serving a three-county region and service on the faculty at the University of Maryland where she had significant responsibility for clinical training of students.

Describes the five different types of difficult mothers, explains how adults can still suffer from negative relationships with their mothers, and how people can overcome the challenges of their complex feelings.

In this first of an epic family saga by Francine Rivers, mother and daughter relationships are challenged, setting their family on a course full of heartache.

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