

Difficult Mothers Understanding And Overcoming Their Power Terri Apter

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Difficult Mothers Understanding And Overcoming

"In Difficult Mothers, the Cambridge academic examines the different types of problem mother controlling, angry, hyper-critical, emotionally unavailable and explains what can be done to turn her negative influence into a positive one." The Daily Mail . Mother love is often seen as sacred, but for many children the relationship is a painful struggle.

Difficult Mothers: Understanding and Overcoming Their ...

It doesn't assign blame onto mothers but simply seeks to define what a difficult mother is and how that influences her children. It's quite broad in its scope so if you're looking for something very specific (on NPD mothers for eg) it probably won't be enough on its own.

Difficult Mothers: Understanding and Overcoming Their ...

I understand that the author was laying out that if you have the knowledge to understand a difficult mother, then you basically can overcome the difficult mother. Some quotes I liked. They came at the very end of the book. "...our mother's approval is not worth what we have to give up in exchange."

Difficult Mothers: Understanding and Overcoming Their ...

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 ...

Difficult Mothers: Understanding and Overcoming Their ...

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Difficult Mothers: Understanding and Overcoming Their ...

Mothers whose controlling, angry, envious or narcissistic relationships with their children and the effects these have on young lives are a popular topic in literature. In Difficult Mothers , Terri Apter discusses the real-life dynamics of problematic mother-child relationships and explores why some mothers have such a powerful hold over their children long into adulthood.

Difficult Mothers: Understanding and Overcoming Their ...

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Difficult Mothers: Understanding and Overcoming Their ...

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.

Difficult Mothers: Understanding and Overcoming Their ...

With such great depictions, it ' s easy to understand who difficult Mother ' s really are, how they act and how their actions implicate ongoing pain and suffering to their children.

Difficult Mothers: Understanding and Overcoming Their ...

A difficult mother is ungracious, unresponsive to her child ' s needs, quick to accuse and criticize. The infirmities of old age may magnify her empathic lacuna. She may deny she needs help and deny...

Difficult Mothers in Old Age | Psychology Today

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Difficult Mothers: Understanding and Overcoming Their ...

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