

Mean Mothers Overcoming The Legacy Of Hurt

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Born a Crime - Trevor Noah 2016-11-15

#1 NEW YORK TIMES BESTSELLER • More than one million copies sold! A “brilliant” (Lupita Nyong’o, Time), “poignant” (Entertainment Weekly), “soul-nourishing” (USA Today) memoir about coming of age during the twilight of apartheid “Noah’s childhood stories are told with all the hilarity and intellect that characterizes his comedy, while illuminating a dark and brutal period in South Africa’s history that must never be forgotten.”—Esquire Winner of the Thurber Prize for American Humor and an NAACP Image Award • Named one of the best books of the year by The New York Time, USA Today, San Francisco Chronicle, NPR, Esquire, Newsday, and Booklist Trevor Noah’s unlikely path from apartheid South Africa to the desk of The Daily Show began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents’ indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by the end of South Africa’s tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle. Born a Crime is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man’s relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life. The stories collected here are by turns hilarious, dramatic, and deeply affecting. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Trevor illuminates his curious world with an incisive wit and unflinching honesty. His stories weave together to form a moving and searingly funny portrait of a boy making his way through a damaged world in a dangerous time, armed only with a keen sense of humor and a mother’s unconventional, unconditional love.

Invincible - Brian F. Martin 2015-10-06

"According to UNICEF, growing up with domestic violence is one of the most pervasive human rights violations in the world, affecting more than a billion people. Yet, too few people are aware of the profound impact it can have. *Invincible* seeks to change this lack of awareness and understanding with a compelling look at this important issue, informing and inspiring anyone who grew up living with domestic violence--and those who love them, work with them, teach them, and mentor them. Through powerful first-person stories, including the author's own experiences, as well as insightful commentary based on the most recent social science and psychology research, *Invincible* not only offers a deeper understanding of the concerns and challenges of domestic violence, but also provides proven strategies everyone can use to reclaim their lives and futures"--

Brutal Legacy - Tracy Going 2018

When South Africa's golden girl of broadcasting, Tracy Going's battered face was splashed across the media back in the late 1990s, the nation was shocked. South Africans had become accustomed to seeing Going, glamorous and groomed on television or hearing her resonant voice on Radio Metro and Kaya FM. Sensational headlines of a whirlwind love relationship turned horrendously violent threw the "perfect" life

of the household star into disarray. What had started off as a fairy-tale romance with a man who appeared to be everything that Going was looking for - charming, handsome and successful - had quickly descended into a violent, abusive relationship. "As I stood before him all I could see were the lies, the disappearing for days without warning, the screaming, the threats, the terror, the hostage-holding, the keeping me up all night, the dragging me through the house by my hair, the choking, the doors locked around me, the phones disconnected, the isolation, the fear and the uncertainty." the rosy love cloud burst just five months after meeting her "Prince Charming" when she staggered into the local police station, bruised and battered. A short relationship became a two-and-a-half-year legal ordeal played out in the public eye. In mesmerising detail, Going takes us through the harrowing court process - a system seeped in injustice - her decline into depression- the immediate collapse of her career due to the highly public nature of her assault and the decades-long journey to undo the psychological damages in the search for safety and the reclaiming of self. The roots of violence form the backdrop of the book, tracing Going's childhood on a plot in Brits, laced with the unpredictable violence of an alcoholic father who regularly terrorised the family with his fists of rage. "I was ashamed of my father, the drunk. If he wasn't throwing back the liquid in the lounge then he'd be finding comfort and consort in his cans at the golf club. With that came the uncertainty as I lay in my bed and waited for him to return. I would lie there holding my curtain tight in my small hand. I would pull the fabric down, almost straight, forming a strained sliver and I would peer into the blackness, unblinking. It seemed I was always watching and waiting. Sometimes I searched for satellites between the twinkles of light, but mostly the fear in my tummy distracted me." Brilliantly penned, this highly skilled debut memoir, is ultimately uplifting in the realisation that healing is a lengthy and often arduous process and that self-forgiveness and acceptance is essential in order to fully embrace life. - Bookseller's description.

[Quitting \(previously published as Mastering the Art of Quitting\)](#) - Peg Streep 2015-03-10

Find out why the happiest, most successful people have the ability both to persist and to quit Do you believe that "winners never quit and quitters never win"? Do you tend to hang in longer than you should, even when you're unhappy? Our culture usually defines quitting as admitting defeat, but persistence isn't always the answer: When a goal is no longer useful, we need to be able to quit to get the most out of life. In *Quitting*, bestselling author Peg Streep and psychotherapist Alan Bernstein reveal simple truths that apply to goal setting and achievement in all areas of life, including work, love, and relationships: Without the ability to give up, most people will end up in a discouraging loop. Quitting is a healthy, adaptive response when a goal can't be reached. Quitting permits growth and learning, as well as the ability to frame new goals. Featuring compelling stories of people who successfully quit, along with helpful questionnaires and goal maps to guide you on the right path, *Quitting* will help you evaluate whether your goals are working for or against you, and whether you need to let go in order to start anew.

The Book Thief - Markus Zusak 2007-12-18

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE’S 100 BEST YA BOOKS OF ALL TIME

The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist--books. With the help of her accordion-playing foster father, she learns to read and shares her

stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. "The kind of book that can be life-changing." —The New York Times "Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank." —USA Today DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.

If You Had Controlling Parents - Dan Neuharth 2009-10-13

"Dan Neuharth's book demystifies much within our pasts that can hurt our intimate relationships in ways we may not even realize. *If You Had Controlling Parents* helps spark understanding and acceptance across generations." — John Gray, Ph.D., author of *Men Are from Mars, Women Are from Venus* Do you sometimes feel as if you are living your life to please others? Do you give other people the benefit of the doubt but second-guess yourself? Do you struggle with perfectionism, anxiety, lack of confidence, emotional emptiness, or eating disorders? In your intimate relationships, have you found it difficult to get close without losing your sense of self? If so, you may be among the fifteen million adults in the United States who were raised with unhealthy parental control. In this groundbreaking bestseller by accomplished family therapist Dan Neuharth, Ph.D., you'll discover whether your parents controlled eating, appearance, speech, decisions, feelings, social life, and other aspects of your childhood—and whether that control may underlie problems you still struggle with in adulthood. Packed with inspiring case studies and dozens of practical suggestions, this book shows you how to leave home emotionally so you can improve assertiveness, boundaries, and confidence, quiet you "inner critics," and bring more balance to your moods and relationships. Offering compassion, not blame, Dr. Neuharth helps you make peace with your past and avoid overcontrolling your children and other loved ones.

[The Mother and Her Child](#) - William Samuel Sadler 1916

[Altars Made Easy](#) - Streep 1997-10-29

Explores the creation of the sacred place, shows how to create an altar, including choosing materials, colors, and statuary

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.

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.

Forgive Your Parents, Heal Yourself - Barry Grosskopf 1999

A uniquely effective guide to parent-forgiveness can aid adults in finding the strength to finally release oppressive anger and begin the personal healing process, showing how to understand a parent's pain and rebuild the capacity for non-recriminatory family relationships. 20,000 first printing.

You're Wearing That? - Deborah Tannen 2006-12-26

Deborah Tannen's #1 New York Times bestseller *You Just Don't Understand* revolutionized communication between women and men. Now, in her most provocative and engaging book to date, she takes on what is potentially the most fraught and passionate connection of women's lives: the mother-daughter relationship. It was Tannen who first showed us that men and women speak different languages. Mothers and daughters speak the same language—but still often misunderstand each other, as they struggle to find the right balance between closeness and independence. Both mothers and daughters want to be seen for who they

are, but tend to see the other as falling short of who she should be. Each overestimates the other's power and underestimates her own. Why do daughters complain that their mothers always criticize, while mothers feel hurt that their daughters shut them out? Why do mothers and daughters critique each other on the Big Three—hair, clothes, and weight—while longing for approval and understanding? And why do they scrutinize each other for reflections of themselves? Deborah Tannen answers these and many other questions as she explains why a remark that would be harmless coming from anyone else can cause an explosion when it comes from your mother or your daughter. She examines every aspect of this complex dynamic, from the dark side that can shadow a woman throughout her life, to the new technologies like e-mail and instant messaging that are transforming mother-daughter communication. Most important, she helps mothers and daughters understand each other, the key to improving their relationship. With groundbreaking insights, pitch-perfect dialogues, and deeply moving memories of her own mother, Tannen untangles the knots daughters and mothers can get tied up in. Readers will appreciate Tannen's humor as they see themselves on every page and come away with real hope for breaking down barriers and opening new lines of communication. Eye-opening and heartfelt, *You're Wearing That?* illuminates and enriches one of the most important relationships in our lives. "Tannen analyzes and decodes scores of conversations between moms and daughters. These exchanges are so real they can make you squirm as you relive the last fraught conversation you had with your own mother or daughter. But Tannen doesn't just point out the pitfalls of the mother-daughter relationship, she also provides guidance for changing the conversations (or the way that we feel about the conversations) before they degenerate into what Tannen calls a mutually aggravating spiral, a "self-perpetuating cycle of escalating responses that become provocations." — The San Francisco Chronicle

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.

Parenting Matters - National Academies of Sciences, Engineering, and Medicine 2016-11-21

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for

programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

The Cay - Theodore Taylor 2011-09-28

For fans of Hatchet and Island of the Blue Dolphins comes Theodore Taylor's classic bestseller and Lewis Carroll Shelf Award winner, *The Cay*. Phillip is excited when the Germans invade the small island of Curaçao. War has always been a game to him, and he's eager to glimpse it firsthand—until the freighter he and his mother are traveling to the United States on is torpedoed. When Phillip comes to, he is on a small raft in the middle of the sea. Besides Stew Cat, his only companion is an old West Indian, Timothy. Phillip remembers his mother's warning about black people: "They are different, and they live differently." But by the time the castaways arrive on a small island, Phillip's head injury has made him blind and dependent on Timothy. "Mr. Taylor has provided an exciting story...The idea that all humanity would benefit from this special form of color blindness permeates the whole book...The result is a story with a high ethical purpose but no sermon."—New York Times Book Review "A taut tightly compressed story of endurance and revelation...At once barbed and tender, tense and fragile—as Timothy would say, 'outrageous good.'"—Kirkus Reviews * "Fully realized setting...artful, unobtrusive use of dialect...the representation of a hauntingly deep love, the poignancy of which is rarely achieved in children's literature."—School Library Journal, Starred "Starkly dramatic, believable and compelling."—Saturday Review "A tense and moving experience in reading."—Publishers Weekly "Eloquently underscores the intrinsic brotherhood of man."—Booklist "This is one of the best survival stories since Robinson Crusoe."—The Washington Star · A New York Times Best Book of the Year · A School Library Journal Best Book of the Year · A Horn Book Honor Book · An American Library Association Notable Book · A Publishers Weekly Children's Book to Remember · A Child Study Association's Pick of Children's Books of the Year · Jane Addams Book Award · Lewis Carroll Shelf Award · Commonwealth Club of California: Literature Award · Southern California Council on Literature for Children and Young People Award · Woodward School Annual Book Award · Friends of the Library Award, University of California at Irvine

Give Up to Get On - Peg Streep 2014-01-02

We have a natural tendency to see the best in things, to put a positive spin on situations and to err on the side of optimistic - we are a nation of wishful thinkers. We are hard-wired to believe that if at first you don't succeed, try and try again. But hanging in there at all costs, and persisting no matter how many setbacks you face, is actually unhealthy and unbalanced. Give Up to Get On explains why quitting done right can be an act of self-assertion, a source of potential empowerment and a doorway to new possibilities. The most satisfied people know both how to persist and how to quit. They are flexible and adaptive to change. They know when to let go of unattainable goals and move on. And when they do quit, they do so decisively - and set new goals without looking back. Give Up to Get On will teach you how to make quitting a thoughtful and intelligent decision, which will take you out of dead-end jobs, doomed relationships, and flailing careers.

Crying in H Mart - Michelle Zauner 2021-04-20

NEW YORK TIMES BEST SELLER • From the indie rock sensation known as Japanese Breakfast, an unforgettable memoir about family, food, grief, love, and growing up Korean American—"in losing her mother and cooking to bring her back to life, Zauner became herself" (NPR) • CELEBRATING OVER ONE YEAR ON THE NEW YORK TIMES BEST SELLER LIST In this exquisite story of family, food, grief, and endurance, Michelle Zauner proves herself far more than a dazzling singer, songwriter, and guitarist. With humor and heart, she tells of growing up one of the few Asian American kids at her school in Eugene,

Oregon; of struggling with her mother's particular, high expectations of her; of a painful adolescence; of treasured months spent in her grandmother's tiny apartment in Seoul, where she and her mother would bond, late at night, over heaping plates of food. As she grew up, moving to the East Coast for college, finding work in the restaurant industry, and performing gigs with her fledgling band—and meeting the man who would become her husband—her Koreanness began to feel ever more distant, even as she found the life she wanted to live. It was her mother's diagnosis of terminal cancer, when Michelle was twenty-five, that forced a reckoning with her identity and brought her to reclaim the gifts of taste, language, and history her mother had given her. Vivacious and plainspoken, lyrical and honest, Zauner's voice is as radiantly alive on the page as it is onstage. Rich with intimate anecdotes that will resonate widely, and complete with family photos, *Crying in H Mart* is a book to cherish, share, and reread.

Piecing Me Together - Renée Watson 2018-02-08

2018 Newbery Honor Book and Coretta Scott King Author Award Winner 'Important and deeply moving' JOHN GREEN 'Timely and timeless' JACQUELINE WOODSON Jade is a girl striving for success in a world that seems like it's trying to break her. She knows she needs to take every opportunity that comes her way. And she has: every day Jade rides the bus away from her friends to a private school where she feels like an outsider, but where she has plenty of opportunities. But some opportunities Jade could do without, like the mentor programme for 'at-risk' girls. Just because her mentor is black doesn't mean she understands where Jade is coming from. Why is Jade always seen as someone to fix? But with a college scholarship promised at the end of it, how can Jade say no? Jade feels like her life is made up of hundreds of conflicting pieces. Will it ever fit together? Will she ever find her place in the world? More than anything, Jade just wants the opportunity to be real, to make a difference. NPR's Best Books of 2017 A 2017 New York Public Library Best Teen Book of the Year Chicago Public Library's Best Books of 2017 A School Library Journal Best Book of 2017 Kirkus Reviews' Best Teen Books of 2017 2018 Josette Frank Award Winner

The Immortal Life of Henrietta Lacks - Rebecca Skloot 2010-02-02

#1 NEW YORK TIMES BESTSELLER • "The story of modern medicine and bioethics—and, indeed, race relations—is refracted beautifully, and movingly."—Entertainment Weekly NOW A MAJOR MOTION PICTURE FROM HBO® STARRING OPRAH WINFREY AND ROSE BYRNE • ONE OF THE "MOST INFLUENTIAL" (CNN), "DEFINING" (LITHUB), AND "BEST" (THE PHILADELPHIA INQUIRER) BOOKS OF THE DECADE • ONE OF ESSENCE'S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS • WINNER OF THE CHICAGO TRIBUNE HEARTLAND PRIZE FOR NONFICTION NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • Entertainment Weekly • O: The Oprah Magazine • NPR • Financial Times • New York • Independent (U.K.) • Times (U.K.) • Publishers Weekly • Library Journal • Kirkus Reviews • Booklist • Globe and Mail Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became one of the most important tools in medicine: The first "immortal" human cells grown in culture, which are still alive today, though she has been dead for more than sixty years. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb's effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions. Yet Henrietta Lacks remains virtually unknown, buried in an unmarked grave. Henrietta's family did not learn of her "immortality" until more than twenty years after her death, when scientists investigating HeLa began using her husband and children in research without informed consent. And though the cells had launched a multimillion-dollar industry that sells human biological materials, her family never saw any of the profits. As Rebecca Skloot so brilliantly shows, the story of the Lacks family—past and present—is inextricably connected to the dark history of experimentation on African Americans, the birth of bioethics, and the legal battles over whether we control the stuff we are made of. Over the decade it took to uncover this story, Rebecca became enmeshed in the lives of the Lacks family—especially Henrietta's daughter Deborah. Deborah was consumed with questions: Had scientists cloned her mother? Had they killed her to harvest her cells? And if her mother was so important to medicine, why couldn't her children afford health insurance? Intimate in feeling, astonishing in scope, and impossible to put down, *The Immortal Life of Henrietta Lacks* captures the beauty and drama of scientific discovery, as well as its human consequences.

I Don't Want to Talk About It - Terrence Real 1999-03-11

A revolutionary and hopeful look at depression as a silent epidemic in men that manifests as workaholism, alcoholism, rage, difficulty with intimacy, and abusive behavior by the cofounder of Harvard's Gender Research Project. Twenty years of experience treating men and their families has convinced psychotherapist Terrence Real that depression is a silent epidemic in men—that men hide their condition from family, friends, and themselves to avoid the stigma of depression's "un-manliness." Problems that we think of as typically male—difficulty with intimacy, workaholism, alcoholism, abusive behavior, and rage—are really attempts to escape depression. And these escape attempts only hurt the people men love and pass their condition on to their children. This groundbreaking book is the "pathway out of darkness" that these men and their families seek. Real reveals how men can unearth their pain, heal themselves, restore relationships, and break the legacy of abuse. He mixes penetrating analysis with compelling tales of his patients and even his own experiences with depression as the son of a violent, depressed father and the father of two young sons.

Between the World and Me - Ta-Nehisi Coates 2015-07-14

#1 NEW YORK TIMES BESTSELLER • NATIONAL BOOK AWARD WINNER • NAMED ONE OF TIME'S TEN BEST NONFICTION BOOKS OF THE DECADE • PULITZER PRIZE FINALIST • NATIONAL BOOK CRITICS CIRCLE AWARD FINALIST • ONE OF OPRAH'S "BOOKS THAT HELP ME THROUGH" • NOW AN HBO ORIGINAL SPECIAL EVENT Hailed by Toni Morrison as "required reading," a bold and personal literary exploration of America's racial history by "the most important essayist in a generation and a writer who changed the national political conversation about race" (Rolling Stone) NAMED ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE BY CNN • NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY The New York Times Book Review • O: The Oprah Magazine • The Washington Post • People • Entertainment Weekly • Vogue • Los Angeles Times • San Francisco Chronicle • Chicago Tribune • New York • Newsday • Library Journal • Publishers Weekly In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden? *Between the World and Me* is Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares with his son—and readers—the story of his awakening to the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children's lives were taken as American plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage, *Between the World and Me* clearly illuminates the past, bravely confronts our present, and offers a transcendent vision for a way forward.

Stop People Pleasing - Patrick King 2019-08-13

Break your crippling addiction to approval and learn to be less "nice". Do you keep your mouth shut for fear of falling out of people's graces? Feel that you need to please and serve to stay in your social circles? You have the need to please, and all the associated beliefs. Stop bitterness, resentment, and anxiety from always saying yes. *Stop People Pleasing* is a frank look at people-pleasing tendencies - where they come from, how they manifest, and exactly what to do about them. Most importantly, the book emphasizes real, actionable tactics to change your relationship with yourself and others. This book was written by a recovering people-pleaser, so you can be sure that there is a real understanding of your struggles. Reprogram your beliefs and learn to accept yourself. Patrick King is an internationally bestselling author and social skills coach. His writing draws of a variety of sources, from scientific research, academic experience, coaching, and real life experience. Find your voice, stand up for yourself, and put yourself first.

- The psychological and often traumatic origins of people-pleasing tendencies.
- The harmful beliefs you subconsciously possess and how to alter them.
- How to learn new, empowering habits. Learn the deep

origins of your need to please, and how to set healthy boundaries.

- How to set boundaries, and avoid porous ones.
- A plethora of strategies to say no and make your thoughts known.
- Understand your guilt and get better with confrontation.

The Favorite Child - Ellen Weber Libby 2011-02-02

A thirty year veteran clinical psychologist describes in intimate detail how being the favorite child can confer both great advantages and significant emotional handicaps. Also illuminating for young parents seeking the best way to rear their children.

Her Mother's Hope - Francine Rivers 2020-04-07

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.

Your Story Matters - Leslie Leyland Fields 2020-04-07

Your Story Matters presents a dynamic and spiritually formative process for understanding and redeeming the past in order to live well in the present and into the future. Leslie Leyland Fields has used and taught this practical and inspiring writing process for decades, helping people from all walks of life to access memory and sift through the truth of their stories. This is not just a book for writers. Each one of us has a story, and understanding God's work in our stories is a vital part of our faith. Through the spiritual practice of writing, we can "remember" his acts among us, "declare his glory among the nations," and pass on to others what we have witnessed of God in this life: the mysterious, the tragic, the miraculous, the ordinary. With a companion video curriculum from RightNow Media, this is a "why not" book as opposed to a "how to" book. Leslie asks each of us an important question: "Why not learn to tell your story, in the context of the grander story of God?"

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.

Men Who Hate Women and the Women Who Love Them - Susan Forward 2011-07-20

Is this the way love is supposed to feel? • Does the man you love assume the right to control how you live and behave? • Have you given up important activities or people to keep him happy? • Is he extremely jealous and possessive? • Does he switch from charm to anger without warning? • Does he belittle your opinions, your feelings, or your accomplishments? • Does he withdraw love, money, approval, or sex to punish you? • Does he blame you for everything that goes wrong in the relationship? • Do you find yourself “walking on eggs” and apologizing all the time? If the questions here reveal a familiar pattern, you may be in love with a misogynist — a man who loves you, yet causes you tremendous pain because he acts as if he hates you. In this superb self-help guide, Dr. Susan Forward draws on case histories and the voices of men and women trapped in these negative relationships to help you understand your man’s destructive pattern and the part you play in it. She shows how to break the pattern, heal the hurt, regain your self-respect, and either rebuild your relationship or find the courage to love a truly loving man. BONUS: This edition contains an excerpt from Susan Forward’s Toxic Parents.

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)

You're Not Crazy - It's Your Mother - Danu Morrigan 2021-05-27

A comprehensively revised and expanded new edition of Danu Morrigan's #1 bestselling book, which has helped tens of thousands of daughters of narcissistic mothers around the world. Do you find yourself emotionally bruised, upset and confused after being in touch with your mother? Do you somehow feel like you're not a real person in her company? If so, you are far from alone. Millions of daughters experience the same hall-of-mirrors dizziness. Many of them have come to the conclusion that their mother has Narcissistic Personality Disorder, and that explains all that they have suffered. This book explores this - maybe it will resonate for you the same way and make you feel understood and validated as never before. This new edition includes a wealth of new insight and understanding learned by Danu over the last ten years, including: Clarity about escaping the toxic dynamic, through The Four Steps to Freedom; managing our fear of regretting our decisions; how Stories steer us without us realising; the NM's performative kindness and performative love; overcoming the trap of The Silent Treatment; distinguishing narcissistic 'niceness' from genuine decency; how to recognise, get, and contribute to healthy relationships.

Daughters of Divorce - Terry Gaspard 2016-01-19

Restore your faith in love and build healthy, successful relationships with this essential guide for every woman haunted by her parents' divorce. Over 40 percent of Americans ages eighteen to forty are children of divorce. Yet women with divorced parents are more than twice as likely than men to get divorced themselves and struggle in romantic relationships. In this powerful, uplifting guide, mother-daughter team Terry and Tracy draws on thirty years of clinical practice and interviews with over 320 daughters of divorce to help you recognize and overcome the unique emotional issues that parental separation creates so you can build the happy, long-lasting relationships you deserve. Learn how to: • Examine your parents' breakup from an adult perspective • Heal the wounds of the past • Recognize destructive dynamics in intimate relationships and take steps to change them • Trust yourself and others by embracing vulnerability •

Create strong partnerships with their proven Seven Steps to a Successful Relationship • Break the divorce legacy once and for all!

Mothers Who Can't Love - Susan Forward 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.

Child Neglect - Diane DePanfilis 2006

Mean Mothers - Peg Streep 2009-10-13

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.

Push - Sapphire 2009

A courageous and determined young teacher opens up a new world of hope and redemption for sixteen-year-old Precious Jones, an abused young African American girl living in Harlem who was raped and left pregnant by her father.

When Pleasing You Is Killing Me - Les Carter 2007

Nationally known psychotherapist Les Carter, formerly of the Minirth-Meier Clinic, shows readers how to develop their God-given gift of service without allowing others to take advantage of them.

Difficult Mothers: Understanding and Overcoming Their Power - Terri Apter 2012-05-07

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.

Toxic Parents - Susan Forward 2009-12-16

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.

Girl in the Mirror - Nancy L. Snyderman 2002-02-06

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.

Child Guidance - Ellen G. White 2004-01-31

The Not Good Enough Mother - Sharon Lamb 2019-06-25

A psychologist who evaluates the fitness of parents when their children have been removed from their custody finds herself reassessing her own mothering when her son falls victim to the opioid crisis.

Psychologist and expert witness Dr. Sharon Lamb evaluates parents, particularly in high-stakes cases concerning the termination of parental rights. The conclusions she reaches can mean that some children are returned home from foster homes. Others are freed for adoption. Well-trained, Lamb generally can decide what's in the best interests of the child. But when her son's struggle with opioid addiction comes to light, she starts to doubt her right to make judgments about other mothers. As an expert, a professor, and a mother, Lamb gives voice to the near impossible standards demanded by a society prone to blame mothers when anything befalls their children. She describes vividly the plight of individual parents, mothers in particular, struggling with addiction and mental illness and trying to make stable homes for their kids amid the economic and emotional turmoil of their lives—all in the context of the opioid epidemic that has ravaged her home state of Vermont. In her office, during visits with their children, and in the family court, the parents we meet wait anxiously for Lamb's verdict: Have they turned their lives around under child welfare's watchful eye? Do they understand their children's needs? In short, are they good enough? But what is good enough? Lamb turns that question on herself in the midst of her gradual realization of her son's opioid addiction. Amazed at her own denial, feeling powerless to help him, Lamb confronts the heartache she can bring into the lives of others and her power to tear families apart.