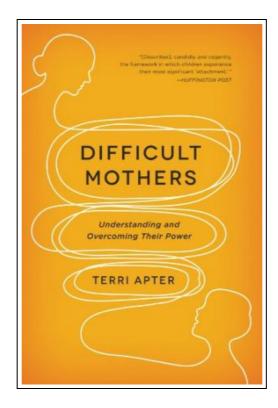
Difficult Mothers: Understanding and Overcoming Their Power (Paperback)



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Reviews

This is the greatest book we have read through till now. It is probably the most amazing book we have go through. I am just happy to tell you that here is the greatest book we have read through during my individual daily life and may be he best ebook for possibly. *(Eliseo Leffler)*

DIFFICULT MOTHERS: UNDERSTANDING AND OVERCOMING THEIR POWER (PAPERBACK)



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WW Norton Co, United States, 2013. Paperback. Condition: New. Reprint. Language: English . Brand New Book. 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.

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