

The Emotionally Absent Mother, Second Edition: How to Recognize and Cope with the Invisible Effects of Childhood Emotional Neglect

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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)

Jasmin Lee Cori, MS, LPC, is a licensed psychotherapist who specializes in working with adults who experienced childhood abuse and neglect. She has worked in human service agencies and private practice, and taught psychology in colleges and professional schools. She is the author of numerous articles and four previous books, including *Healing from Trauma*. "This book is a revelation to those of us whose mothering was short of what we needed. The author sensitively and authoritatively weaves developmental principles into a compassionate understanding of what it means to be under-mothered."

-Connie Dawson, PhD, coauthor of *Growing Up Again: Parenting Ourselves, Parenting Our Children*

"With compassion and sparkling clarity, Jasmin Lee Cori describes the effects of being under-mothered and what it takes to overcome them. Her book will be of great value to new mothers serious about creating a loving environment for their children, adult sons and daughters who want at long last to fill the holes in their hearts, and clinicians interested in understanding and healing the mother wound."

-Evelyn Bassoff, PhD, psychotherapist and author of *Mothering Ourselves: Help and Healing for Adult Daughters*

"Jasmin Lee Cori has done a superb job of describing the importance of childhood attachment needs and the psychological wounds that get inflicted when an emotionally absent mother cannot meet those needs well enough. She has skillfully laid out clear steps wounded adults can take to identify their inner strengths and heal attachment wounds. I wholeheartedly recommend this book for anyone who wishes to understand and heal the wounds that can arise when parented by an emotionally absent mother."

-Shirley Jean Schmidt, MA, LPC, author of *The Developmental Needs Meeting Strategy: An Ego State Therapy for Healing Adults with Childhood Trauma and Attachment Wounds*

"This book effortlessly intertwines neuroscience with clinical acumen in a lovely work of extraordinary depth. In her compelling, heart-rending analysis of the importance of motherhood, Jasmin Lee Cori has created a work as significant as Alice Miller's *Prisoners of*

Childhood. Easily accessible and very useful, it is a must-read for parents-to-be, those in the helping professions, and adults who have been wounded by a negligent parent."

-Kate Crowley, OTD, OTR/L, University of Southern California

"With a compassionate and steady voice, Jasmin Lee Cori guides the reader through the difficult terrain faced by adults who have grown up without sufficient emotional mothering. Relying on personal experience and practice as a psychotherapist, she provides insight and tools to help readers overcome the challenges of a painful childhood and to move into the pleasures of living adult life fully."

-Kathryn Black, MA, psychotherapist, author of *Mothering Without a Map: The Search for the Good Mother Within*

Other Books

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