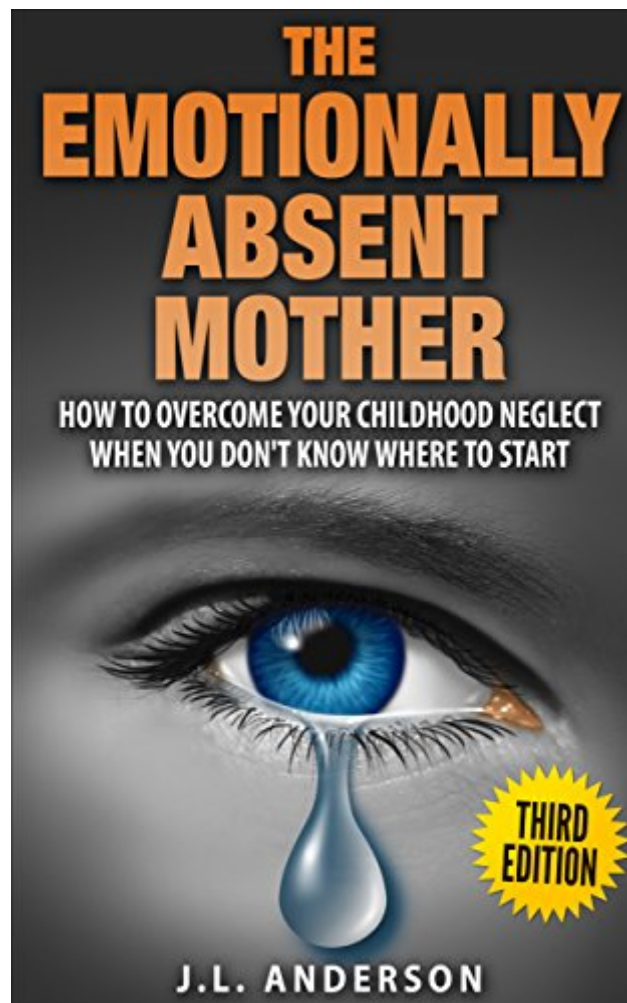


The book was found

The Emotionally Absent Mother, How To Overcome Your Childhood Neglect When You Don't Know Where To Start.



Synopsis

The Emotionally Absent Mother- How to overcome Childhood Neglect When You Don't know Where To Start!*****3rd EDITION*****
The Emotionally Absent Mother is a practical guide to understanding and working out the pain of being emotionally abandoned as a child. Insightful explanations offer new perspectives on old problems. The exercises in the book can direct you through your emotional numbness or distress and into a brighter future. The book describes how the trauma of emotional abuse can get started. It lists and describes the symptoms of emotional abandonment. In later chapters, the book tells you what to do about it now that you are an adult and offers not only hope, but a method to reach the goals of becoming emotionally connected with others in a healthier way and becoming freer and more independent. It belongs on the to-be-read list of adults who still suffers the pain of being an emotionally abandoned child, as well as those who care about them. Here Is A Preview Of What You'll learn... What exactly is an Emotionally Absent Mother? Describes the symptoms of emotional abandonment. Recognize Why Your Mother Was Emotionally Absent. How to Forgive Your Mother and Forgive Yourself How to Face Feelings of Anger, Resentment and Hurt How to Separate Past Emotions from Your Current Situation Much, much more Download your copy today! You Do NOT Need A Kindle Device To Read This E-Book, You Can Read On Your PC, Mac, Smart Phone, And Or Your Kindle Device

Book Information

File Size: 1470 KB

Print Length: 85 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 22, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00M1KKM7I

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #42,690 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health >

Codependency #38 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Sexual Abuse #56 in Books > Health, Fitness & Dieting > Mental Health > Codependency

Customer Reviews

This book helped me to identify exactly what IS this numbness, darkness, vague empty feeling. Its source is understandable and not nearly as dark once it has a name. Being emotionally neglected put me into survival mode as a child and I repressed and neglected my own needs believing they didn't matter. I grew up not understanding who I was or what my feelings were. This book helps to identify that process, offers different examples of unavailable mothers, and provides examples of what healing looks like. There are no definitive answers for healing but I think that's so unique for everyone.

I know it can be very painful if you are trying to heal your experiences as a child with a mother who didn't have time for you, but this book helps a LOT. You'll learn about your fear of abandonment (the core issue), how to face your feeling of anger, resentment and hurt, how to overcome negative emotions, how to forgive your mother and yourself, and much, much more. It has the potential to change your life for the better--highly recommended.

Really well written book. Book did a great job of explaining, in layman's terms, a very difficult topic. Really good explanation about what an emotionally absent mother actually is and how it can effect us as adults. I also thought it did a good job of explaining why mothers can be absent, which is sometimes difficult to see from a child's point of view. Good insight. Highly recommend!

I was about to go to counseling sessions until this book got recommended to me by a colleague. At first, I was hesitant to read it as it seems like inappropriate for my situation. When I started reading, I finally realized what part of my childhood had brought about my feelings towards my mother. It is like your own life coach, only you have to read through it. I like how the author organize the book in a manner that you is applicable to your own phase of progress. Highly recommended to those struggling to let go of fear that has been brought about by your childhood.

Very important topic.As a mother, I feel that it's not being discussed enough. Children today are more exposed due to technological progress, thus more vulnerable. Our roles as mothers (and

fathers) are more important and complex than ever. If you're raising a child, do yourself a favor and read this book - so much tools to face redundant emotions and blame that will make you not only feel better but do better as a parent.

Wow, what a heavy topic. This book is good for those who personally have been in this situation as well as those who have a loved one who grew up with an "emotionally absent" parent. As you can imagine, it can be very hard to connect to friends or loved ones who have gone through this. This book can help you to understand where they are coming from so that you can be the support they need.

I found this book to validate my feelings and also helped me to gain a greater understanding without having to delve deeply into a thick book. J.L. Anderson masterfully explained the dynamics of an emotionally absent mother while also going on to be supportive in describing how healing is definitely attainable

I do not recommend this book. The author continues to state that your mother chose to abandon you. Obviously she is not educated about personality disorders. If your mother had a PD, she did not choose, she was incapable of empathy. This is not an excuse, it's information. Look up "Out of the Fog" on the Internet, It will explain PD's. I found the book, "Will I Ever Be Good Enough" to be so much more helpful. I doubt this author has ever done her own work with abandonment. Katie

[Download to continue reading...](#)

The Emotionally Absent Mother, How to Overcome Your Childhood Neglect When You Don't Know Where To Start. The Emotionally Absent Mother: A Guide to Self-Healing and Getting the Love You Missed Running on Empty: Overcome Your Childhood Emotional Neglect Difficult Mothers: Difficult Mothers Cure: Toxic Relationships With Narcissistic Mothers Understood And Overcome Forever! (Difficult Mothers, narcissistic ... absent mother, narcissist relationship) Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside) Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) You Don't Have to Take it Anymore: Turn Your Resentful, Angry, or Emotionally Abusive Relationship into a Compassionate, Loving One How To Podcast 2015: Four Simple Steps To Broadcast Your Message To The Entire Connected Planet - Even If You Don't Know Where To Start How To Podcast 2016: Four Simple Steps To Broadcast Your Message To The Entire Connected Planet ... Even If You Don't Know Where To Start Marriage: How To Rescue Your Marriage: Proven Advice To Help Overcome Conflicts And Save

Your Marriage Forever (Marriage Help, Marriage Advice, Overcome Conflicts, Marriage Book)
Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and
Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating,
Craving) My Mother, Your Mother: Embracing "Slow Medicine," the Compassionate Approach to
Caring for Your Aging Loved Ones The ABCs of the ADA: Your Early Childhood Program's Guide to
the Americans with Disabilities ActYour Early Childhood Programs' Guide to the Americans with
Disabilities Act An Absent Mind Mummy's Little Soldier: A troubled child. An absent mum. A
shocking secret. So You Want to be a Dog Breeder. What's Next?: Things You Need to Know
Before You Start Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How
To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports
Gambling, Fantasy Sports, Poker) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The
Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome
Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Healing Your Emotional Self: A Powerful
Program to Help You Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame
THE NARCISSIST'S SECRETS: (Know the things they don't want you to know!) The Mother of All
Antioxidants: How Health Gurus are Misleading You and What You Should Know about Glutathione

[Dmca](#)