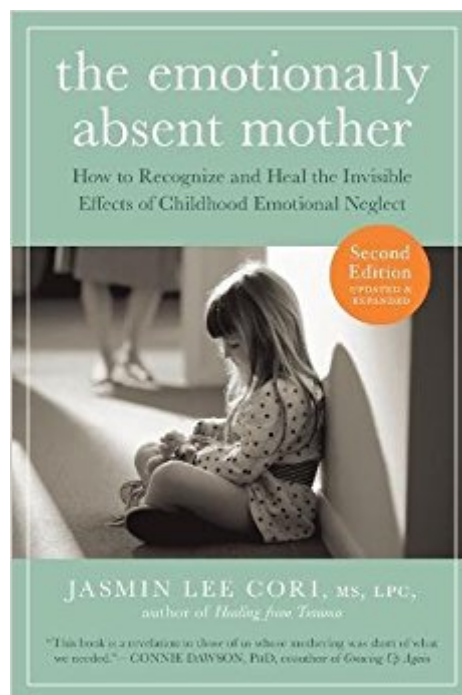




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The Emotionally Absent Mother: How To Recognize And Heal The Invisible Effects Of Childhood Emotional Neglect



Synopsis

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)

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Customer Reviews

“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*

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*.

There were times when this book was tough to get through because of the strong emotions that are brought to the surface, but it was also comforting to know that others had experienced similar issues with difficult mothers. It is true that children of abusive mothers can be good at parenting despite the bad example they grew up with as I experienced flashbacks of traumatic moments from my own childhood while doing the most basic tasks for my beloved child and vowed never to treat my

offspring in such an abusive manner.

People have already praised the book, and it's been helpful for me. But I will chip in something critical: the author, in her private practice, spent more time working with women and collecting data from them than men. She states that clearly. I think that if she wanted to write a truly rounded book, she needed to do more to include the experiences of men. Men, whether straight or gay, also grow up with emotionally absent mothers and they want help, too. That said, the author is vigilant about including male pronouns throughout her book. Still, the author begins by pointing out that caregivers can be dads as well as moms, but then all her chapter titles are "Good Mother this" and "Mother that". Her point about including men as caregivers seems half-hearted.

Clear, concise language and a well-organized plan to understand how important the mother/child relationship is for each person's growth and happiness, and how to heal from the injuries inflicted by mothers who couldn't or wouldn't give their child what every person needs from a mother to be healthy and happy.

Prior to reading this book, I had an extremely difficult time with inner-child work in my recovery process. This book facilitated a breakthrough in trauma recovery that I am so grateful for. I highly recommend this book to anyone struggling with childhood trauma.

Finding it easy to read and understand. Has written exercises for you to participate in. Would recommend seeing a qualified therapist as it covers an in-depth look into your relationship with your mother and could bring up issues that need to be talked through.

A must read. Also good for anyone planning or already pregnant. A good "how to" be a loving and caring parent.

Beautiful book!!!!!!!!!!!! all what "being a mother" means to the children.

working on the past-very helpful

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