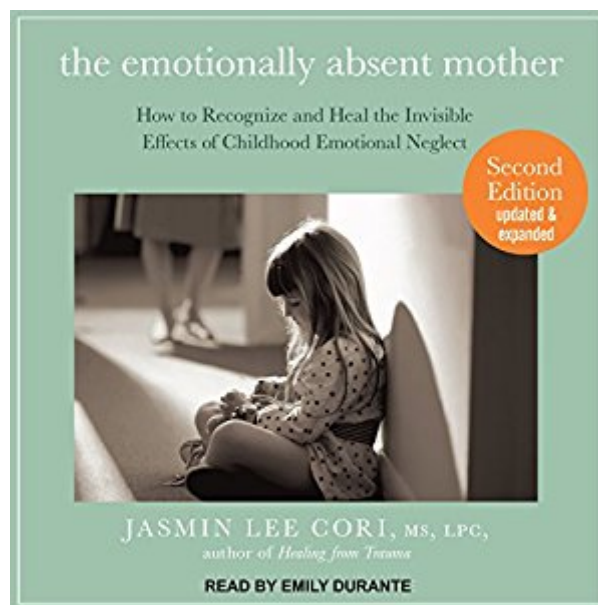


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# The Emotionally Absent Mother: How To Recognize And Heal The Invisible Effects Of Childhood Emotional Neglect, Second Edition



## 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)

## Book Information

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## Customer Reviews

If this list describes you, then you must read this book. Then find a counselor and get some help to deal with it. It will hurt to read this book. You will have realizations that are mind-blowing and gut-wrenching. But you will find a lot of answers for why you are the way you are. This list is a quote from the book.\* When you see a tender mother-child interaction, you are emotionally triggered. You may feel choked up and teary or push away the pain by becoming critical and dismissive. (It hurts to see what you didn't have.)\* You would just as soon not look deeply into your relationship with your mother. Better to "let sleeping dogs lie."\* When you visit your mother, you find yourself numbing or

going into a trance state in which you are not fully present. Visits are always upsetting, and you find yourself back in painful childhood feelings.\* You crave true closeness yet feel uncomfortable and afraid of it. It is unfamiliar to you.\* You feel some core shame and suffer from feelings (often hidden) that there is something unlovable about you.\* You avoid having children of your own, feeling somehow not quite like "parent material."Remember Bruce Willis's character in The Sixth Sense? The realizations I had were like when he realizes at the end that he's one of the dead people. His life flashes before his eyes in a wave of disbelief and suddenly everything makes sense. He looks back on all the times that things were not quite right but he couldn't explain them at the time. Now, there's an explanation.

I have always carried with me the feeling that I grew up without a mother, even though I had a mother. My mother was physically present (she even stayed at home and did not work most of the years of my childhood) and certainly not a malicious person by any stretch of the imagination. So this was a crazy feeling to carry around with me as an adult. This book confirmed for me that I am in fact not crazy to feel this way, and explained very clearly how and why many daughters enter adulthood with the feeling of being motherless or under-mothered, how this affects them in their adult life, and finally gives very practical advice for how to recover. This book is clear, well-written, nuanced, and organized. In chapter two, The Many Faces of the Good Mother, it provides a clear, balanced picture of what it looks like when a mother is meeting her child's needs fully (not perfectly!). Other recovery books have helped me to see that abandonment and neglect exist on a spectrum (i.e. just because you weren't left as a baby on someone's doorstep doesn't mean you weren't abandoned on some level as a child). This book helped me to refine my understanding even further and hone in on the specific holes that I experienced in my relationship with my mother--holes that are still affecting how I function as an adult, and how I function as a mother myself. It isn't about blame or resentment, but about having clarity and taking responsibility for your needs so that you can move on. The book is very affirming in telling the reader: if it is still bothering you, then it is still bothering you. It's not over and done with until you feel finished with it. This book is written to help you move on so that you can think about other things. I found some (not all) of the recovery exercises and suggestions to be a little on the cheesy side, but as I'm by now a seasoned reader of self-help books, I have developed a high tolerance for this kind of thing. I'm sure that different readers will take what is useful for them. As long as the book can benefit me hugely overall I don't mind if it throws out a few suggestions that I'm not crazy about. I definitely rate this book as a very important one in my overall journey in recovery because I firmly believe that there are very important

issues specific to the mother-daughter relationship that need to be handled separately. Finally someone did (very gracefully, I might add), and I am really grateful! The world desperately needs its "good enough" mothers, and this book is one good tool for finding your way back to what that means when it was not modeled for you. Really, what could be more important?

My mother was there physically but not emotionally. I had a counselor tell me I had been emotionally abandoned as a child which is more crazy-making than being actually physically abandoned. If you felt like this, read this book.

This book is "right on the mark" for my needs. It brought tears of the loss of my childhood, Not far behind were ways to find comfort and coping skills. Thank you Jasmin for your hard work to write this book. With the help for my therapist and this book finally at the age of 70 I can find peace.

I would recommend this book to anyone who has or had a mother without empathy or a mother who was emotionally absent, whatever the reason. I always have thought that it was my fault that my mother and I did not bond and that it was not a normal occurrence so it had to be me. Now I realize that I am not the only person that has gone through something like this. And maybe it is not me that caused it. I don't know that I can obtain what I never had or make up for lost time because it takes two people who want it to make it happen, However, at least now I have a better understanding of why I feel the way that I do.

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