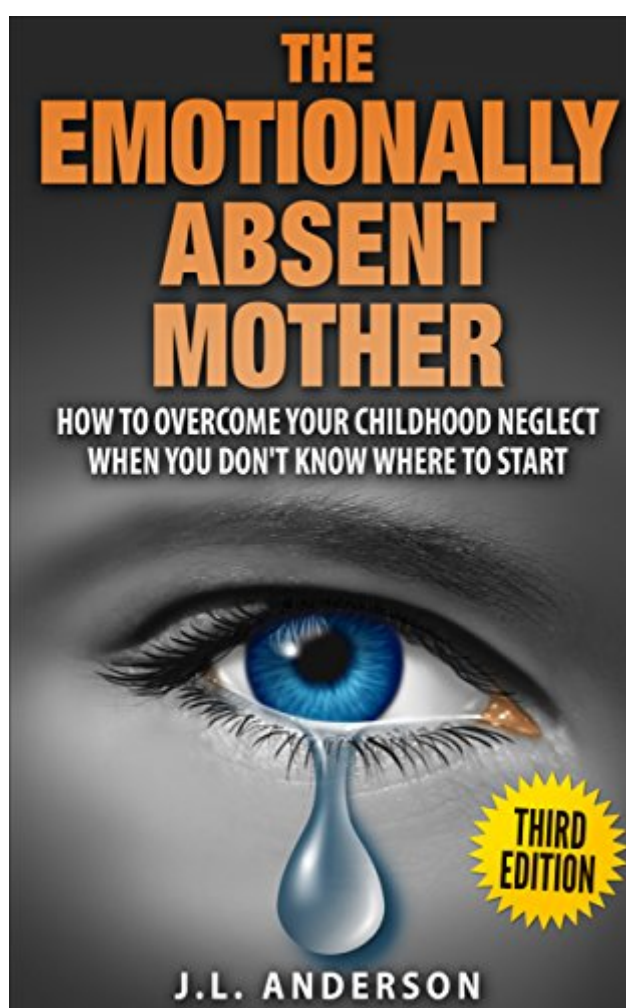


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# The Emotionally Absent Mother, How To Overcome Your Childhood Neglect When You Don't Know Where To Start.



## 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

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## 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

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