

A Mothers Guide To Affirming Her Son

[#affirming your son](#) [#positive affirmations for sons](#) [#how to raise a confident boy](#) [#mother son bond affirmation](#) [#parenting tips for boys](#)

This essential guide provides mothers with practical strategies to affirm their sons, cultivating robust self-esteem and a positive bond. Learn how to empower your boy and raise a confident, resilient young man through powerful affirmations.

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A Mother's Guide ...to Affirming Her Son

A MOTHER'S GUIDE To Affirming Her Son is not a be-all and an end-all guide, just a simple framework that I am sharing with single mothers · or mother-like individuals · all over the world. Inspired by her own experiences, this book is packed with easy-to-follow methods on how to boost your son's personality. It shows mothers how to encourage, teach or promote strength for a young man to be expressive and develop in him strong, desirable values, cultivate his social, emotional esteem, openness, courage, and learn how to dream-making him the true mother's boy.

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Sons to Men

How to put into practice the principles of the bestselling trans-Tasman parenting phenomenon, He'll Be OK 'Helping mothers to laugh with their gorgeous boys' - CELIA LASHLIE Struggling to cope with an emotionally charged minefield as your son becomes a man? Do you sometimes wonder if you'll both come out alive? In SONS TO MEN, Anne Harvey offers a practical guide for mothers as their sons enter adolescence. While many other books concentrate on teenage boys' propensity to misjudge situations and inability to consider implications, Anne focuses on mothers and how they are impacted by their sons' actions and developments. Using real-life examples, she demonstrates how these situations can affect any boy and mother, suggesting practical ways of dealing with them. By asking mothers to

appreciate their importance as women within their role as the female parent of an adolescent boy, she encourages an honest look at guilt, nagging, anxiety and doubt. Learn how to examine what could be causing each issue, and connect with the central calm space within. Follow Anne's clear, accessible and logical process and begin to minimize the turbulence of raising your son. Most importantly, learn how to relax and enjoy your boy's transition to manhood now, when it's happening - don't spend these precious years as a confused, angry and frustrated casualty. Anne Harvey lives in Nelson, and has qualifications in adult learning, facilitation, non-violent communication, life coaching and early childhood education. Winner of an Excellence in Business Award, she is a mentor with Business Mentors New Zealand. More to the point, she is raising four sons.

Manhood101

This book, *Being Mom*, makes a bold presumption that every mother's dream is to raise children who are responsible, well-mannered, have a great sense of self, are successful, and can take of themselves as adults. Ironically, a mother's behaviors play a tremendous role in achieving these outcomes. As a mother, you have a moral responsibility to love and provide for your children, even when it takes personal sacrifice. You do this with intention and awareness so that your words and actions achieve the desired outcome of making your child feel fulfilled. When mothers fail to do the best for their children, they've often had to deal with the consequences of their children's disdain for them, and live with regrets. As a mother, you want to transition to your later years knowing that you did all that you could to leave your child emotionally fulfilled. You will know if you achieved this by how your child behaves towards you. Get this book today and make sure that you do all the right things for your child and never have to live with the guilt and regret of not doing enough.

A Mother's Guide to Life

In this honest and practical guide, autistic therapist Raelene Dundon explores and demystifies how neurodiversity affirming principles can be easily applied to therapeutic practice. Covering essential considerations for working with neurodivergent clients such as presuming competence, promoting autonomy and respecting communication styles, and providing advice on the best affirming approaches in therapy including how to accommodate sensory needs and encourage self-advocacy, Raelene provides easy-to-implement ways to make your practice inclusive and empowering for neurodivergent children and young people. The deficit model is out. It's time to become neurodiversity affirming.

Being Mom

In *A Mother's Guide to Raising a FivestarMan*, Neil Kennedy empowers mothers with much needed information and encouragement to raise their sons with authentic manhood in mind. Coming from a fatherless home, Neil gives a unique insight from the position of a son and now as a voice of leadership for authentic manhood. When God created Man, He placed within him a deep reservoir of purpose. When a boy gains understanding of the priceless commodity of his purpose, his life will become a passionate pursuit of authenticity.

A Therapist's Guide to Neurodiversity Affirming Practice with Children and Young People

Counselors working with women facing crisis pregnancies have an opportunity to present a positive alternative - open adoption. This book enables CPC counselors to support women throughout the entire adoption process.

A Mother's Guide to Raising a FivestarMan

This book is an indispensable guide for mothers who seek greater achievement for themselves and their children. It covers: Defining a mother's real role and responsibilities in the family; Discovering your parenting style and making it work; Identifying children's challenges and needs at every stage; Learning to communicate effectively and teaching children to do the same; Overcoming communication gaps and emotional upheavals; Administering effective discipline while showing love; and Dealing with children of all ages.

Affirming the Birth Mother's Journey

Information and inspirational guide for single mothers. Stories from interviews with single mothers, their adult children, and professionals who work with single parent families.

Her Name Is Mother

Since Tania was a young girl she had a dream of making an impact on people. She understands the potential of believing in yourself and wants others to know they too have the power to choose. Tania is a mother, which has inspired her passion to bring the power of positive thinking into a child's life from the beginning teaching adults and children alike to understand the importance of being kind to one another and to live a life of gratitude, love, and compassion. Empowering children to have a positive mindset and believe in themselves. The Affirmation Station will contribute to people's lives and help guide them as they learn to affirm as a daily practice. All the images are hand painted with watercolor paints and henna design. Tania was present for each painting as she and the artist brought her vision to life. The Affirmation Station is meant to empower children but will surely have an impact on everyone who reads it. The book also contains a journal giving children a place to self-express their own affirmations and practice an attitude of gratitude. Somewhere they can always come back to, making this a book to cherish forever. "Reading The Affirmation Station to my infant daughter reminded me that the greatest gift we can give our children is to demonstrate for them self-love, so that in return, they will learn to love every part of their perfect little selves. If we believe that we become what we think about, then by sharing this beautiful book with your little one, you will be ensuring they put their thoughts toward kindness, gratitude, compassion, and love. I highly recommend you read The Affirmation Station to your baby or child starting now!" Serena J. Dyer, mother and author of *Don't Die With Your Music Still In You* In this special book, Tania Joy Antonio reminds our children that they are full of essence and spirit. A wonderful way to stay connected to the divinity that is present in us all. Dr. Shefali Tsabary, New York Times author of *The Conscious Parent*

Sing Your Own Song

A timely and empowering book featuring "solid, practical advice for women on how to properly nurture their sons" (Kirkus Reviews). From the moment a mother holds her newborn son, his eyes tell her that she is his world. But often, as he grows up, the boy who needs her simultaneously pushes her away. Calling upon thirty years of experience as a pediatrician, Meg Meeker, M.D., a highly sought after national speaker, assistant professor of clinical medicine, and mother of four, shares the secrets that every mother needs to know in order to strengthen—or rebuild—her relationship with her son. Boys today face unique challenges and pressures, and the burden on mothers to guide their boys through them can feel overwhelming. This empowering book offers a road map to help mothers find the strength and confidence to raise extraordinary sons by providing encouragement, education, and practical advice about • the need for mothers to exercise courage and be bolder and more confident about advising and directing their boys • the crucial role mothers play in expressing love to sons in healthy ways so they learn to respect and appreciate women as they grow up • the importance of teaching sons about the values of hard work, community service, and a well-developed inner life • the natural traps mothers of boys often fall into—and how to avoid them • the need for a mother to heal her own wounds with the men in her life so she can raise her son without baggage and limitations • the best ways to survive the moments when the going gets tough and a mom's natural ways of communicating—talking, analyzing, exploring—only fuel the fire When a mother holds her baby boy for the first time, she also instinctively knows something else: If she does her job right and raises her son with self-esteem, support, and wisdom, he will become the man she knows he was meant to be.

The Affirmation Station

"Deciding yes or not to motherhood can be fraught with confusion, pain, and loneliness. Many a woman is undecided about arguably the most important life-defining decision she'll make in her lifetime. With the 'Motherhood -- Is it for me?' program, the authors of this book, both dedicated and seasoned psychotherapists, created a process that has helped countless women over the last 25 years. Finally available in print, this program is the perfect resource for closely examining ambivalence around this crucial life choice. Through precise steps, readers are guided on their own personal journeys toward deeper understanding and learn what they really want. The process even allows a woman who is experiencing extremely painful immobilization to find her way through to her true desire. The

authors know from their professional experience that an analytical pros-and-cons approach often fails to successfully answer this most personal question. Interspersed throughout this book are twenty diverse stories of women who made conscious choices, half deciding yes and half deciding no. Their stories -- and sometimes advice -- create a valuable community that provides support to every reader, breaking the isolation they may feel."--Book cover.

Strong Mothers, Strong Sons

You're Having A Wonderful Childhood is a necessary parent guide to understanding ourselves first so that raising our children is a wonder-full and joyous experience for all.

Training Sons Raising Men

What is the right way to mother? Can a mom trust her intuition? Or should she follow the advice of one of many parenting books? Into this fog of theory and philosophy, MomSense shines a light of refreshing clarity. Through personal stories from real moms and proven, practical advice, MomSense helps moms honestly assess their skills, embrace their mothering instincts, and develop their own unique mothering style. Rather than pushing one "right" way to be a mom, this liberating book shows moms that they are the best mom for their kids and that they can have contentment, joy, and confidence in their role. A perfect gift for a new or experienced mom, MomSense is also an excellent resource for women's small groups and MOPS groups.

Motherhood ? Is It for Me?

With my father, what you see is what you get. He doesn't pretend to be some kind of guru, and he doesn't believe he did everything right (which he didn't, despite how hard he tried). But he's definitely confident about what he knows, and eloquent in the way he puts it across. I urge you to put his lessons to the test with your kid, and see how far they'll take you both. I think, once you start reading, you're going to find my dad's confidence and enthusiasm contagious. When I look back now, I remember my father was always focused. Always firm. Always loving. Always thinking about the future. It was kind of like he was always searching for the right way, the most successful way to do things. Make no mistake about it, he was always making sure I watched my p's and q's. I mean always: morning, noon, and night. Without that love and discipline, I would never have gotten to where I am today. You certainly would not have ever heard of Raven-Symon?. Raven-Symon? January 2010 While so many talented and ambitious kids have become tabloid fodder, Raven-Symon?, beloved star of *That's So Raven*, has remained grounded and happy as she's created a massive franchise for Disney, won multiple Kids' Choice Awards, and made history as the first African-American woman with her own sitcom. The difference? Her parents' positive-approach plan--which you can now use with your own children. As her father and manager, Christopher B. Pearman worked tirelessly to nurture Raven's dream, while teaching her to believe in herself and, most importantly, never losing sight of their family's core values. Inside, Pearman breaks down his plan into eight "Dream Catchers"--spiritual and practical principles that filter out negativity, and allow only affirming thoughts into your child's consciousness. Make no mistake: This is not a guide to stage parenting, but a doctrine for raising your kids to reach their full potential in any endeavor, simple or grand. As a parent, you know there's nothing more important than making sure your children become all they want to be. *Dream So Big* shows how commitment, responsibility, and dedication to your children's innermost wishes can catapult them to great success--and happiness.

You're Having a Wonderful Childhood

For more information about helping yourself become a stronger individual go to www.getitdunnfitness.com. *A Mother's Guide: Raising Boys To Men* will help a mother teach their son's morals and values for life. This book will help you teach your son how to conduct himself in public, with woman and to respect authority. You will learn simple principles to help you raise your son on your own or with a non-active husband. This book not only teaches your son's how to treat woman but also teaches a woman how they should be treated. This guide will help woman get over the fact that their baby's father or ex-husband has lied, cheated, hit you on you, use you for your money and everything a man should not do to a women. It will help you forgive and move forward with your life.

MomSense

Nurturing, supportive, and empowering, this year-long guide featuring monthly themes, inspirational stories, and soul-searching exercises, focuses on enhancing balance and emotional well-being in mothers' lives.

Dream So Big

ISSN 2769-4100

A Mother's Guide Raising Boys to Men

In this book on how to get your children to listen to you, I share with you some of the insights as a parent and also how you can have your child listen to you without you having to get all angsty and turn into the Hulk on them. You will understand that your children actually do listen to you but what you actually want is your child to understand and absorb what you are asking him or her to do and get it done without constant reminders by you. This book is for all those parents who have reached a point of hopelessness and helplessness. If you have tried everything from yelling to bribing, this book is absolutely suitable for you. It will teach you to turn confrontation into a transformation you will be amazed at.

The Mother's Guide to Self-renewal

"With my father, what you see is what you get. He doesn't pretend to be some kind of guru, and he doesn't believe he did everything right (which he didn't, despite how hard he tried). But he's definitely confident about what he knows, and eloquent in the way he puts it across. I urge you to put his lessons to the test with your kid, and see how far they'll take you both. I think, once you start reading, you're going to find my dad's confidence and enthusiasm contagious. When I look back now, I remember my father was always focused. Always firm. Always loving. Always thinking about the future. It was kind of like he was always searching for the right way, the most successful way to do things. Make no mistake about it, he was always making sure I watched my p's and q's. I mean always: morning, noon, and night. Without that love and discipline, I would never have gotten to where I am today. You certainly would not have ever heard of Raven-Symone."--Raven-Symone, January 2010 While so many talented and ambitious kids have become tabloid fodder, Raven-Symone, beloved star of *That's So Raven*, has remained grounded and happy as she's created a massive franchise for Disney, won multiple Kids' Choice Awards, and made history as the first African-American woman with her own sitcom. The difference? Her parents' positive-approach plan--which you can now use with your own children. As her father and manager, Christopher B. Pearman worked tirelessly to nurture Raven's dream, while teaching her to believe in herself and, most importantly, never losing sight of their family's core values. Inside, Pearman breaks down his plan into eight "Dream Catchers"--spiritual and practical principles that filter out negativity, and allow only affirming thoughts into your child's consciousness. Make no mistake: This is not a guide to stage parenting, but a doctrine for raising your kids to reach their full potential in any endeavor, simple or grand. As a parent, you know there's nothing more important than making sure your children become all they want to be. *Dream So Big* shows how commitment, responsibility, and dedication to your children's innermost wishes can catapult them to great success--and happiness

The New American Antiquarian, Volume I, Fall 2022

'Making a paradigm shift, Sen writes, "Parenting is not just about bringing up children. It is about growing up and transforming ourselves to be better human beings." Urban parents, working or stay-at-home, would do well to get themselves a copy. Actually, make that every parent.' - India Today 'Although there are endless discussions on what is good and not good for children, Shelja has a simple belief - a happy mother is the best thing for children.' - The Hindu 'Alive with anecdotes, distilled theory and authentic empathy, this gift of a book nudges us gently and playfully through a reflective connect with ourselves and our children into the world of life-affirming parenting! Shelja is a wise guide ... My well-thumbed copy is evidence of its real value.' - Gloria Burrett, psychotherapist, New Delhi 'This is a wise and wonderful book written by the talented therapist, Dr Shelja Sen. Professionals and parents alike will enjoy this well-written and insightful text. Outstanding!' - Susan Lowell, educational therapist, Chapel Hill, North Carolina 'This is a book that makes us look within as parents ... It will make you drop your jaw in awe that parenthood could be so vast and complex, but it will also make you shake your head in disbelief that it could be so simple ... All you need is love, really.' - Ankita Khanna, psychologist and art-based therapist, New Delhi "Go get this book" if you are a parent. Your kids will thank you too.' - Garima Gupta, Goodreads 'This book is different ... Parents as coaches is the approach, with a community that nurtures them and their children.' - The Times of India Bangalore blog 'This is not

your run-of-the-mill parenting book. Her philosophy rings true and is extremely adaptable. Giving you tools that almost any parent can work with to better themselves which in turn will better their children. This book is a must-read!' - Upasana Mahtani Luthra, blogger 'I enjoyed reading this book and being a first-time mom, it was that much more enlightening. Dr Shelja has truly kept to her word, by not lecturing parents but helping parents understand their kids and anticipate their behaviour at every stage. A real eye-opener and one of my favourite books on parenting so far.' - Sneha, www.amazon.com 'This is a well-written book - very powerful topic, but written in a very lucid style and makes for "easy" reading. Reinforces the "basics on parenting" in a great way and leaves an impression! The section dealing with teens and pre-teens is especially good.' - Namrata Singh, www.amazon.com I accept and love you the way you are. You are unique, you are different and you are you. I will not compare you with others, I will not constantly keep expecting and demanding what you might not be able to do or give. As parents, we foist our dreams and aspirations on our children, push them to be more than we could ever be. But do we have the courage and honesty to look within and ask what drives our parenting - our own needs or those of our children? More crucially, are we able to accept them and respect them for who they are? Child & adolescent psychologist and family therapist Shelja Sen formulates five anchors of parenting to help you connect with the immense wisdom that is already present in you: Connect (create the foundation of parenting); Coach (build the necessary skills in children through an understanding of their unique wiring and temperament); Care (nurture ourselves for a more wholesome life); Community (build caring ecosystems for children to thrive in) and Commit (sustain the courage and compassion). Groundbreaking, essential reading.

Mother's Guide

The Parents' Guide to Psychological First Aid brings together an array of experts to offer parental guidance in helping your child navigate and recover from the everyday stresses they will encounter growing up. Clear, practical, and to-the-point, this is a go-to reference that parents will find themselves returning to again and again as their children grow. With practical tips, nonjudgmental advice, and suggestions for additional resources at the end of each chapter, this useful and thought-provoking book will be of immense value to new and seasoned parents alike.

Dream So Big

From the moment a mother holds her newborn son, his eyes tell her that she is his world. But often, as he grows up, the boy who needs her simultaneously pushes her away. Calling upon thirty years of experience as a pediatrician, Meg Meeker, M.D., a highly sought after national speaker, assistant professor of clinical medicine, and mother of four, shares the secrets that every mother needs to know in order to strengthen-or rebuild-her relationship with her son. Boys today face unique challenges and pressures, and the burden on mothers to guide their boys through them can feel overwhelming. This empowering book offers a road map to help mothers find the strength and confidence to raise extraordinary sons by providing encouragement, education, and practical advice about - the need for mothers to exercise courage and be bolder and more confident about advising and directing their boys- the crucial role mothers play in expressing love to sons in healthy ways so they learn to respect and appreciate women as they grow up- the importance of teaching sons about the values of hard work, community service, and a well-developed inner life- the natural traps mothers of boys often fall into-and how to avoid them- the need for a mother to heal her own wounds with the men in her life so she can raise her son without baggage and limitations- the best ways to survive the moments when the going gets tough and a mom's natural ways of communicating-talking, analyzing, exploring-only fuel the fire. When a mother holds her baby boy for the first time, she also instinctively knows something else: If she does her job right and raises her son with self-esteem, support, and wisdom, he will become the man she knows he was meant to be.

All you need is Love

This volume discusses and reviews the current knowledge in the concept and management of activity groups designed for borderline patients, who are defined as those with "self-destructive and maladaptive interpersonal relations."

The Parents' Guide to Psychological First Aid

A collection of stories about motherhood by the women who experienced them, reflecting on the journeys they have experienced.

Healthy You, Healthy Baby

What Kind of Husband Will Your Son Grow Up to Be? His is a generation of boys who have better relationships with their Game Boxes, i-Pods, televisions, and computers than they do with their families. His understanding of marriage is that it has little hope for success, witnessing a fifty percent divorce rate both inside and outside of the church. His world is one where pornography is no longer a hidden shame, but encouraged as entertainment. Can you raise your son to one day love, lead, and protect a wife and family in a world like this? The answer is yes. The heartbeat of this book is to give you the tools to help your son become a tender warrior who will one day fight for his family, a godly husband who will faithfully love his wife, and a leader who will be a man of his word. The time is now to take your love, tears, prayers, and influence and pour them into his future. Even if our world does not change its moral fiber, you can influence your son and bring hope to the next generation. It's an opportunity of a lifetime—yours. Reviews "Not only is this an amazing concept, but it meets an urgent need for every mother of boys." Lisa Bevere, speaker and author of *Fight Like a Girl and Kissed the Girls and Made Them Cry* "I have three sons, two stepsons, two son-in-laws, and nine grandsons! Any help I can glean to give me more wisdom is welcome. I would have welcomed more help like this when I was a young mother raising my young men for 'the other woman.'" LeeAnn Rawlins, Coauthor, *To Love Again* Story Behind the Book When the manager of a large Christian bookstore told Sheri Rose Shepherd that readers of the popular *His Princess* TM series were futilely looking for material about raising their sons to be godly future husbands, she knew she could help. "Think about how much farther all men would be in their marriages if their moms had trained them how to one day love and understand their wives," says Sheri Rose. "We can take all the mistakes we've made in our lives and use them to teach our sons the right way to live. And we can use our most powerful weapon of all—our prayers—to fight for them."

Strong Mothers, Strong Sons

How can a single mother provide her son with the strength and wisdom most boys receive from their fathers? How will her son learn to be a good man without a healthy male influence around? In today's world, many women--single mothers, grandmothers, even military wives--are left with the responsibility of raising children on their own. Being a single parent comes with many challenges, but for women one of the most difficult is to raise sons to be strong men and good fathers without a healthy male role model in the home. In *Single Moms Raising Sons*, Dana Serrano Chisholm speaks from her own experience as a single mother of two boys and inspires other single moms to partner with God--the Father of the fatherless. She teaches them to find strength and wisdom as they allow Christ to be their partner in very real ways--helping them raise their children. From financial concerns to passing on macho, *Single Moms Raising Sons* supplies honest insight, unifying encouragement, and practical applications to guide mothers as they raise their boys to be the solid, Christian men they want them to be.

Occupational Therapy With Borderline Patients

Written in an accessible Q&A format, here, finally, is the go-to resource for parents hoping to understand and communicate with their gay child. Through their LGBTQ-oriented site, the authors are uniquely experienced to answer parents' many questions and share insight and guidance on both emotional and practical topics. Filled with real-life experiences from gay kids and parents, this is the book gay kids want their parents to read.

You've Got This, Mama, TOO: A Mother's Guide To Embracing Imperfection & Living An Authentic Life

"Confident Kids, Bright Future: A Guide to Empowering your Children" is a comprehensive guide for parents on fostering self-confidence in their children. Acknowledging the challenges of parenting, the book emphasizes the importance of instilling healthy self-assurance in children, alongside their skill development. As children grow, confidence becomes essential for handling failures and challenges. The book provides practical strategies and techniques to empower parents to play an active role in building their children's self-belief. By creating a positive and nurturing environment, parents can help their children develop resilience and thrive. The book explores attachment theory and its impact on

a child's development, identifies characteristics of confidence, and guides parents in recognizing and supporting their child's unique strengths. Through positive reinforcement, affirmation, and self-regulation techniques, parents can effectively empower their children. The book's practical insights enhance parent-child understanding and communication, creating stronger family bonds. "Confident Kids, Bright Future: A Guide to Empowering your Children" equips parents, caregivers, and anyone invested in a child's well-being with invaluable tools to raise confident, resilient, and successful individuals. By instilling self-assurance from an early age, parents set their children on a transformative journey, paving the way for a fulfilling life and a bright future filled with endless possibilities.

Preparing Him for the Other Woman

"Mother" may be the most underappreciated job title of all time, as any woman who has raised children can confirm. Amy Krouse Rosenthal, proud mother of three, can certainly attest to that fact, which is why she has chosen to compile a "scrapbook" of the kinds of things any disheartened or overwhelmed mother needs to hear. She provides encouragement for women who want to start families but are afraid to, and support for women who already have families and sometimes wish they'd never started. The handy format makes this book perfect for picking up between warming bottle fluid, doing laundry, and putting away toys. Her advice will ring true to mothers (and mothers-to-be) of all ages.

Single Moms Raising Sons

Raising great kids starts with raising yourself well, yet it's all too easy to lose our identity in the daily struggle of motherhood. Popular podcaster and mom Sarah Bragg offers refreshing wisdom and shame-free practical help to becoming your best and truest self in *A Mother's Guide to Raising Herself*.

This is a Book for Parents of Gay Kids

During the teen years, a mother-daughter relationship can be challenging. A daughter needs her mom's support as a confidante and gentle guide—yet at the same time, she yearns for greater independence and wants to be her own person. How can a mother maintain the right balance on this high-wire tightrope walk? When a Mom Inspires Her Daughter is filled with biblical instruction and personal stories that reveal what works and doesn't work when it comes to building the mother-daughter relationship. Every mom will find tremendous encouragement as she learns to... know what her daughter needs take an interest in her daughter's world choose her battles well encourage her daughter to dream affirm her daughter's womanhood become her daughter's best friend A wonderful resource for moms who want to bring delight and blessing into this most important of relationships!

Confident Kids, Bright Futures

"Mother is Mother, Daughter is Daughter" - A self-recovery guide for all of mothers and daughters by a psychoanalytic expert - How mothers can reclaim their lives as independent women and human beings Why do mothers turn more to their daughters than sons when feeling upset or distressed? Why do mothers look upon their happily married daughters with not just pride but a hint of jealousy? Why do daughters, when thinking about their mothers, feel gratitude as well as guilt and resentment? We need to lose our mothers to find ourselves. And we need to find ourselves for our daughters to live their own lives. Woo-ran Park, a psychoanalytic expert who for more than ten years has conducted over 10,000 psychotherapy and dream interpretation sessions, reaches deep into psychology research and case studies to unlock the secret behind the love-hate relationship between mothers and daughters and explain how we can protect our girls from this emotional wounding across generations. Many reasons lie behind the mother's obsession with her daughter and the daughter's inability to break free from this hold. But the author pays particular attention to the female tendency to attain self-realization by meeting the unmet needs of others. Mothers typically see the son or husband as the other and try to satisfy their needs, but when it comes to the daughter, who they see as their equivalent, they're more likely to make demands. Likewise, daughters identify with the mother and see the mother's emotions as her own. This is what makes the mother-daughter relationship so complicated: the daughter is angry at the mother who is full of demands but gives little love, and wants to hate her but can't. This deep psychological bond between the mother and daughter starts to show cracks as they become older, introducing problems, both big and small, into their lives. Feelings of obsession, bitterness, resentment, longing, and gratitude get rolled into one and make the two oscillate between love and hate. In short, the mother and daughter have failed to create a healthy distance between themselves. Then what can we do? Park says we should question the social concept of unconditional motherly love and try to bring to the surface the

mom's deeply-buried wants and desires as a woman. Only then can we forge a path different from our mother's and our daughters live a different life from our young selves. The author walks us through the main conduits through which the mother's unconscious is passed onto the daughter—emotions, gaze, unmet needs, maternal love, husband—and how we can reclaim ourselves as not just a woman but as a human being. This book will help you to learn the Psychology for Mothers, Daughters and all of women, and recover yourself: Feelings of Guilt, Resentment, and Gratitude - About Female Emotions Daughters Grow up Feeding on Mother's Emotions - About Mother's Emotions Am I Really My Child's Mother? - About the Maternal Gaze I Wanted to Be Mom's Loving Daughter - About the Mother's Unmet Needs All Mothers are Strong? - About Maternal Love Moms Be Moms, Dads Be Dads - About Our Husbands Moms are Human Too - About the Mother's Recovery NOW GET THE BOOK, and start growing your skills to strengthen your relationships between MOMs and DAUGHTERs!

The Mother's Guide to the Meaning of Life

Living Biblically de-situates biblical wisdom from its formally religious-theological underpinnings and offers it as a guide for fulfilled, happy living. Although over 95 percent of Americans have some sense of a meaning-providing transcendent power, 75 percent of clinical psychologists and psychiatrists lack such belief. Without intelligent, applicable access to biblical wisdom, many unwittingly live out the tragic patterns emerging from classical Greece underlying much of modern life and psychotherapy. People are stuck, even trapped, without hope of redemptive change. They spin their wheels, cycling back and forth. Biblical narratives, in contrast, portray people as growing, developing, and overcoming problematic life situations. This book presents a systematic yet readable delineation of how biblical wisdom can apply to ten issues of daily life: 1) Relating to the Environment, 2) Relating to Another as Yourself, 3) Relating to Authority, 4) Relating to the Opposite Sex, 5) Relating to a Son, 6) Relating to a Daughter, 7) Relating to Siblings, 8) Relating Body to Soul, 9) Relating to a Self-Destructive Person, and 10) Relating to Misfortune. In each chapter, a specific psychological issue is discussed, applicable Greek and biblical narratives are compared, and contemporary illustrations are provided, enabling the reader to live in a more fulfilling and happy manner.

A Mother's Guide to Raising Herself

The book details an African American Mother's rise from the poverty of being orphaned at age 4 with 15 siblings through College Graduation and beyond. The lessons she taught her children and examples she provided are supported by Scriptures, Doctoral Level Research, Journals, Articles and practical applications. As further background, she dropped out of Middle School and left home while pregnant at the age 13. By the age of 19, she was a Single Mother living in the worst projects in Charlotte, NC. Determined to give a better life and example to her children, she enrolled in High Completion Courses and successfully graduated from College at the age of 23. She moved her children from the projects into a Single Family Home and the Middle Class within months of graduating college. Paying off her home by the age of 45 and retiring at the age of 52, this book details the lessons she taught her children along the way. Her lessons were of Faith, Self-Belief, Self-determination, Resilience, Sacrifice, Mental Toughness, Frugality, Unconditional Love, Tough Love with Wisdom, Humor, Friendship and the strength to face all adversity in spite of the odds, stereotypes and rampant racism. Her lessons are explained with details for why her approach works. In her own words, you hear how to raise and provide an example for resilient, successful children in spite of any circumstance.

When a Mom Inspires Her Daughter

Daughters Grow up Feeding on Mother's Emotions