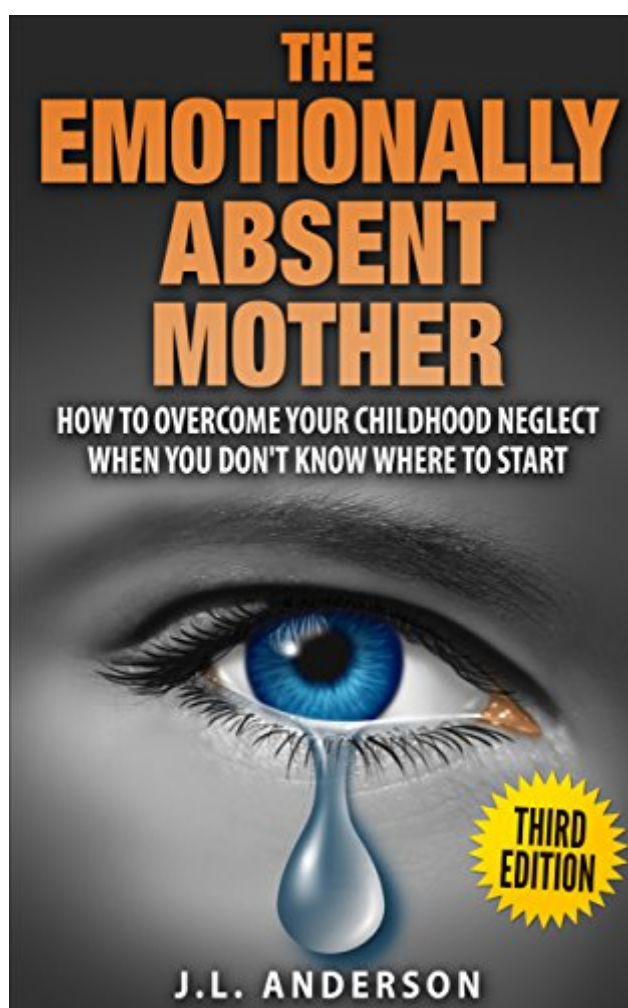


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# The Emotionally Absent Mother, How To Overcome Your Childhood Neglect When You Don't Know Where To Start.



## 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

Mother the most important person in every child. Growing up without a mother is the worst thing that could ever happened to any child in the world. But this world that we live in is not perfect that's why some children are not lucky enough to have a mother. This book will help you understand what emotional abandonment is and how to deal with it. The author also includes the medication and affirmation to help you overcome childhood neglect. Change begin within yourself. Release the negative side of you. Let go of the self pity it won't do any good. Try to focus on yourself, begin to love yourself more and learn to forgive. I know it's hard but try to put the past behind and live out your dreams. Life is not meant to be lived backward but move forward. Enjoy life. Learn to give and receive affection. Sooner or later you, yourself will become a mother too. I'm sure you wouldn't want your own daughter/son to experience what you have experienced. This book is a great help for people experiencing emotional abandonment.

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!

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.

I learned so much about myself and I can move forward on current relationships and I look forward to starting new ones.

Those children are very strong who grow up in the absence of parents and yes they need extra care from all sections of society. This book tells you how one can overcome this critical issue. I agree with the lines " Childhood is supposed to be a time when children are supposed to be at their happiest without worrying about the stress of everyday". Meditation is the best way to resolve any type of anxiety, stress and also depression. I learned a lot from this book.

I expected more substance from this book. If you have suffered from emotional neglect, you should probably be seeing a therapist. There are a lot of emotions to sort through. This book is good at identifying the problem if you didn't have a name for it.

It is sad but quietly true to a lot of mothers out there. Growing up childhood must be the happiest times of each children's life. Amazing and wonderful things may happen during this times. I am so saddened knowing how reality takes its cruelty to some children. As they say physical abuse is way much better than emotional abuse. This book is so wonderful and I will be sharing this to my friends in one of the agency that helps children's needs. I am truly honored to have this book in my Kindle to share!

I think this touched on a lot of things I was experiencing and helped me to understand the linkages which I didn't even know existed. I am now better able to control many aspects of my life as this book has made me more self aware. A concise and impactful book.

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