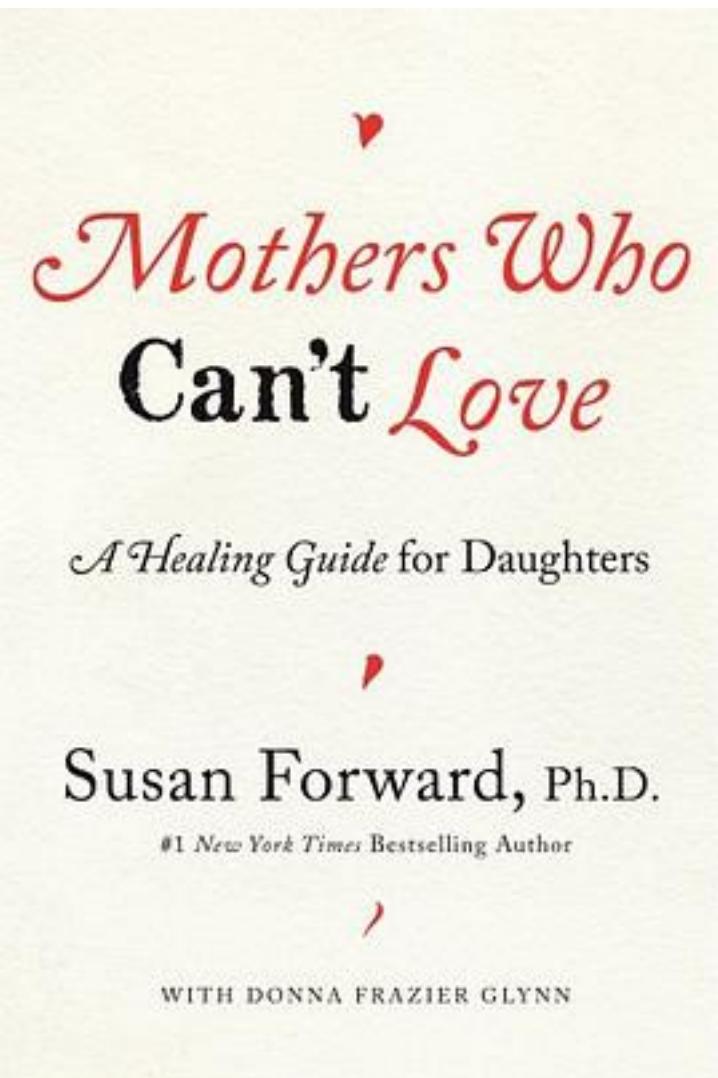


# Mothers Who Can't Love



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出版者:Harper

出版时间:2013-10-1

装帧:

isbn:9780062204349

With Mothers Who Can't Love: A Healing Guide for Daughters, Susan Forward, Ph.D., author of the smash #1 bestseller Toxic Parents, offers a powerful look at the devastating impact unloving mothers have on their daughters—and provides clear, effective techniques for overcoming that painful legacy.

In more than 35 years as a therapist, Forward has worked with large numbers of women struggling to escape the emotional damage inflicted by the women who raised them. Subjected to years of criticism, competition, role-reversal, smothering control, emotional neglect and abuse, these women are plagued by anxiety and depression, relationship problems, lack of confidence and difficulties with trust. They doubt their worth, and even their ability to love.

Forward examines the Narcissistic Mother, the Competitive Mother, the Overly Enmeshed mother, the Control Freak, Mothers who need Mothering, and mothers who abuse or fail to protect their daughters from abuse.

Filled with compelling case histories, Mothers Who Can't Love outlines the self-help techniques Forward has developed to transform the lives of her clients, showing women how to overcome the pain of childhood and how to act in their own best interests.

Warm and compassionate, Mothers Who Can't Love offers daughters the emotional support and tools they need to heal themselves and rebuild their confidence and self-respect.

作者介绍:

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标签

心理学

人际关系

英文原版

心灵

家庭

## 评论

相当一部分是作者和前来咨询的女儿们的对话，语言口语化、易于理解。第一部分列出了五种不会爱的母亲，第二部分给女儿们列出了改变人生的练习，非常实用。觉得这本书的意义大于母女关系，因为能和最亲密的人处理好关系，可能就意味着一个人有了面对其他人的勇气。诚意推荐。

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## 书评

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