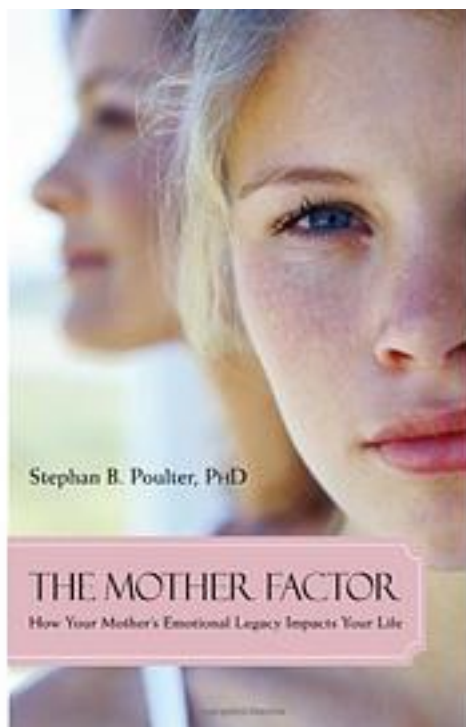


The Mother Factor



[The Mother Factor 下载链接1](#)

著者:Poulter, Stephan B., Ph.D.

出版者:

出版时间:2008-3

装帧:

isbn:9781591026075

Whether we acknowledge it or not, our mothers leave an indelible impression on the persons we become. Our ability to function emotionally in relationships - both personal and professional - is based on our mothers' deep influence. In a book full of insights and wisdom based on a career of helping others, acclaimed psychologist Stephan B. Poulter shows how the mother factor can work either for or against us. The key to allowing this important legacy to work for us, says Dr Poulter, depends on understanding our mother's pervasive influence on our life. He shows that the way we connect emotionally in adult relationships is based on the "style" of our mothers. Dr Poulter defines the five major styles of mothering as: The Perfectionist Mother - whose

family must look perfect in every way; The Unpredictable Mother - whose ups and downs can create life-long anxiety and depression in her son or daughter; The "Me First" Mother - whose children come second or last; The "Best Friend" Mother - who's now in vogue but can wreak havoc; The Complete Mother - who provides guidance and shows compassion to her child. Although most mothers are a combination of the above, many fit more into one category than others. Even though as adults, we tend to dismiss our past as the past, we do so at risk to ourselves. Only by understanding how our mother's legacy affects us today can we transcend the mysterious anger, anxiety, depression, and shame that we feel, and achieve the kind of relationships we deserve. Dr Poulter demonstrates how the internalised "rulebook" we inherit from our mothers is a very powerful force. These unspoken rules govern work, relationships, emotions, separation, and independence. Unless we become aware of the rules that guide our behaviour, thoughts, and beliefs, we won't have the ability to make our own choices. This enlightening book will help readers connect with their past to correct self-defeating behaviours, reach their full emotional potentials, and live happier, more fulfilling lives.

作者介绍:

斯蒂芬·波尔特(Dr.StephanB.Poulter)

美国临床心理学家,在成为心理学家之前从事警察工作,这使他接触了大量的少年犯及其家庭。过去的23年里,他跟踪研究了2200对亲子关系,总结出父亲的家庭教养模式对子女成年后生活和工作的影响,著有《Fatheryourson》、《TheFatherFactor》等书。

目录:

[The Mother Factor_下载链接1](#)

标签

评论

[The Mother Factor_下载链接1](#)

[The Mother Factor_下载链接1](#)