

# The Emotionally Absent Mother

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**The Emotionally Absent Mother, Updated and Expanded Second Edition** Jasmin Lee Cori, 2017-04-18 The groundbreaking guide to self-healing and getting the love you missed. Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can't quite put a finger on what's missing from their lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting, harmful effects. Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering. In this second edition of her pioneering book, with compassion for mother and child alike, she explains: Possible reasons your mother was distracted or hurtful—and what she was unable to give The lasting impact of childhood emotional neglect and abuse How to find the child inside you and fill the “mother gap” through reflections and exercises How to secure a happier future for yourself (and perhaps for your children)

**The Emotionally Absent Mother, Second Edition: How to Recognize and Cope with the Invisible Effects of Childhood Emotional Neglect (Second)** Jasmin Lee Cori, 2017-04-18 The groundbreaking guide to self-healing and getting the love you missed “Years ago, I was on vacation and read *The Emotionally Absent Mother*. That book was one of many that woke me up. . . . I began the process of reparenting and it's changed my life.”—Dr. Nicole LePera, New York Times bestselling author of *How to Do the Work* Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can't quite put a finger on what's missing from their lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting, harmful effects. Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering. In this second edition of her pioneering book, with compassion for mother and child alike, she explains: Possible reasons your mother was distracted or hurtful—and what she was unable to give The lasting impact of childhood emotional neglect and abuse How to find the child inside you and fill the “mother gap” through reflections and exercises How to secure a happier future for yourself (and perhaps for your children).

[The Emotionally Absent Mother](#) Jasmin Lee Cori, 2024-11-07 Cori addresses the psychological wounds that get inflicted by emotionally absent mothers. Often, the grown children of such mothers can't quite put a finger on what's missing from their lives, but struggle with relationships and their own self-worth. But there are steps they can take to identify their inner

strengths and heal attachment wounds--Publisher's description.

**Healing from an Emotionally Absent Mother** Jasmin Lee Cori, 2025-01-07 An indispensable hands-on guide to healing from the effects of childhood emotional neglect from the author of the groundbreaking *The Emotionally Absent Mother*. If you grew up with an emotionally absent mother—a mother who was cold, dismissive of your needs, unwilling or unable to give you the nurturing you needed—the wounds can last a lifetime. You may find yourself wondering, Why is it so hard to attend to my own needs? Why do I have so much trouble trusting people to be there for me? Do I need to hide parts of myself to be lovable? But you're not alone, and healing is possible. This workbook, from an expert in childhood emotional neglect, will guide you through the process of emerging from the pain and reclaiming the self you hid or changed for Mother's sake. Inside you'll find tools and more than seventy exercises, including personal inventories, journaling prompts, and small-group discussion questions, to help you work through the lingering effects of your neglect and be a better mother to yourself. This compassionate workbook will help you: Recognize your emotional neglect and abuse Identify its ongoing impacts Work through your deeper emotions Heal attachment wounds Parent your wounded parts Take in love and support You'll replace limiting self-images, defensive habits, and deep grief with self-assurance, openness, and hope—and ultimately, be equipped to embrace a more nourished and fulfilled life.

*The Emotionally Absent Mother* Jasmin Lee Cori, 2010-09-14 Was your mother too busy, too tired, or too checked-out to provide you with the nurturing you needed as a child? Men and women who were “undermothered” as children often struggle with intimate relationships, in part because of their unmet need for maternal care. *The Emotionally Absent Mother* will help you understand what was missing from your childhood, how this relates to your mother's own history, and how you can fill the “mother gap” by: Examining the past with compassion for yourself and your mother Finding the child inside of you and learning to mother yourself Opening to the archetype of the Good Mother Allowing friends and loved ones to provide support, guidance, and other elements of good mothering that you missed Through reflections, exercises, and clear explanations, psychotherapist Jasmin Lee Cori helps adult sons and daughters heal the wounds left by mothers who failed to provide the essential ingredients that every child needs. She traces perceived personal “defects” back to mothering deficits, relieving self-blame. And, by teaching today's undermothered adults to cultivate the mothering they missed, she helps them secure a happier future—for themselves and their children.

**Understanding** Aaron Winfield, 2025-06-22 What happens when the person who was supposed to nurture your soul leaves an invisible void instead? In this powerful exploration of maternal absence and emotional neglect, *Understanding: The Emotionally Absent Mother* dives deep into the groundbreaking life of Jasmin Lee Cori, MS, LPC-therapist, author, and truth-teller for generations of women seeking healing. With compassionate insight and personal reflection, this book sheds light on the wounds left by a mother who was physically present but emotionally distant. Whether you've struggled to name the ache

you've always carried or you're beginning the journey of reclaiming your voice, this book offers clarity, comfort, and courage. Cori's life lessons guide readers through the stages of recognition, grief, and empowerment, revealing how self-awareness, boundaries, and inner parenting can heal even the deepest scars. This isn't just a book about mothers. It's about daughters becoming whole. It's about breaking cycles and rewriting stories. And it's about finally understanding that the love you longed for begins with the love you give yourself. For every woman who has ever asked, Why didn't she see me? - this is your answer, and your way forward.

**Summary of Jasmin Lee Cori's The Emotionally Absent Mother** Everest Media,2022-03-22T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The tree of life is a natural symbol for mothering. With its fruits and flowers, with birds and animals in and around it, it provides both shelter and supply. It is like a fountain of abundance. #2 We are made of our mothers, and we are shaped by them. The way we see ourselves and our sense of self-esteem are heavily influenced by our mother. She is not the only influence on us, but she and our interactions with her provide the basic building materials for all of these things. #3 The term mother can refer to any adult who takes on a caring, nurturing, and protective role in your life. This can include an adoptive mother, grandmother, or stepmother; even the right father can fill these shoes. #4 The good-enough mother is the one who provides enough for a child to have a good start in life. She is not always going to be perfect, but she must know how to make things right when she misses.

**Summary of Jasmin Lee Cori's The Emotionally Absent Mother** Milkyway Media,2022-05-03 Please note: This is a companion version & not the original book. Book Preview: #1 The tree of life is a natural symbol for mothering. With its fruits and flowers, with birds and animals in and around it, it provides both shelter and supply. It is like a fountain of abundance. #2 We are made of our mothers, and we are shaped by them. The way we see ourselves and our sense of self-esteem are heavily influenced by our mother. She is not the only influence on us, but she and our interactions with her provide the basic building materials for all of these things. #3 The term mother can refer to any adult who takes on a caring, nurturing, and protective role in your life. This can include an adoptive mother, grandmother, or stepmother; even the right father can fill these shoes. #4 The goodenough mother is the one who provides enough for a child to have a good start in life. She is not always going to be perfect, but she must know how to make things right when she misses.

**Summary of J.L. Anderson's The Emotionally Absent Mother** Everest Media,2022-05-23T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 Emotional abandonment is when a parent does not provide the emotional nurturing a child needs. It is common for people to assume that such a loss will affect the adult child's life, but they rarely understand the impact emotional abandonment has on the present. #2 Emotionally absent mothers often expect their children to take care of them in some way. They might have relied on you for their emotional and physical well-being, and they might have demanded that you take care of younger siblings when you were actually too young

for such a responsibility. #3 When you have been raised by an emotionally absent mother, you are really struggling with fear of abandonment. As a child, you needed your mother to develop a positive self-image, but she did not pay attention to you or spend any significant time with you. #4 To heal the scars from your childhood, you must first understand why it happened. You must recognize that the problem was never about you, but about your mother's own issues.

The Emotionally Absent Mother Michele Gilbert, 2015-04-07 Life for you hasn't been easy. You are currently in a relationship that is doing more harm than good, and are working a job that you never seem to be able to execute perfectly. While others are enjoying life in all of its fullness, you feel like you are in a rat race that gets more competitive by the minute. What is my problem, you ask. Why can't I just sit back and enjoy life? Blame it on your mother. That's right! Your mom and her emotional absence has a lot to do with your current state in life. Emotionally Absent Mothers will delve into your mother's apathy, and why such lack of compassion may not be her fault. This book will also help you find ways to cope with the pain that you suffered as a child, as well as look past the scars to see a better future. Download: The Emotionally Absent Mother Overcome Childhood Emotional Neglect And Begin To Heal Yourself You'll Learn... What is Emotional Absence? Mom Wasn't There... Deal With It Try Forgiveness Let the Past Stay There Embrace the Future Would You Like To Know More? Download your copy today! Scroll back up to the top and select the BUY button

**The Emotionally Absent Mother** J. L. Anderson, 2014-12-17 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.

**Emotionally Absent Mothers** Vincenzo Venezia, Did your mother's love always feel out of reach, conditional, or absent? Have the wounds of being emotionally neglected by the person who should have nurtured you left lasting scars? Are you searching for a way to understand, heal, and finally reclaim your sense of worth? Growing up with an emotionally absent mother is a profound and isolating experience, often leaving adult children feeling invisible, unlovable, or like they never measured up. You may find yourself grappling with self-doubt, anxiety, and strained relationships, all while struggling to give

yourself the compassion your childhood lacked. Mothers can be emotionally distant for many reasons: unresolved trauma, cultural pressures, depression, perfectionism, or being overwhelmed by life's demands. Perhaps your mother seemed preoccupied, cold, or incapable of meeting your emotional needs. She may have been physically present but disconnected, unable to express affection or interest, leaving you with an enduring sense of emptiness. If you recognize these signs in your mother, this book is for you: - Her affection felt conditional, based on your achievements or behavior. - She kept you at a distance, or her love felt transactional. - Your emotions were dismissed, minimized, or never acknowledged. - She rarely expressed pride in or delight about who you are. - Her mood was unpredictable, making you hyper-vigilant to avoid conflict. - She prioritized appearances over genuine connection, often more invested in her image than your well-being. - Conversations were one-sided, dominated by her struggles or needs. - You often walked on eggshells, trying to avoid her judgment or disapproval. - She had her own emotional struggles that overshadowed your needs. These behaviors, and more, shape how you perceive yourself and others. The damage can be subtle yet all-encompassing, affecting your ability to trust, express emotions, or feel deserving of love and acceptance. Perhaps you: - Feel burdened by guilt and unworthiness, questioning your own value. - Struggle with a pervasive sense of rejection, constantly fearing abandonment. - Battle perfectionism or people-pleasing as you yearn for validation. - Experience emotional numbness, having disconnected from your own feelings to cope. - Find yourself drawn to relationships that echo your childhood pain. But there is hope. This book offers compassionate guidance to help you recognize and heal these invisible wounds. Inside, you'll discover practical strategies to break free from destructive patterns, cultivate self-worth, and transform the legacy of emotional absence into one of resilience and emotional presence. You deserve healing, love, and a future free from the shadows of your past. This book will walk with you as you reclaim your self-worth, build fulfilling relationships, and discover the peace and wholeness that have always been within reach.

Healing from the Emotionally Absent Mother Christy Lincoln, 2022-04-19 Make peace with your past and embrace your present Your relationship with your mother was central to your development. If her emotional care was lacking, it may have led to anxiety and self-esteem issues that persist into adulthood. This journal helps you examine the true impact of her emotional absence and teaches you strategies to work through the self-doubt and damage to your mental health. What sets Healing from the Emotionally Absent Mother apart from other journals: Powerful prompts--Reflect on your relationship with your mother through thought-provoking prompts that help you overcome feelings of sadness and shame so that you can start prioritizing your needs today. Effective exercises--Begin healing with exercises that emphasize self-care, like engaging in soothing mindfulness practices and compiling a list of healthy coping strategies. An inviting approach--Feel safe to explore your past openly and honestly with this welcoming journal that offers clinically proven guidance and a supportive tone. Acknowledge the impact of your mother's shortcomings and liberate yourself from the past with help from this healing

journal.

**Marriage and Divorce in America** Jaimee L. Hartenstein, 2023-08-24 This wide-ranging resource will help readers understand the history and current state of marriage and divorce in the United States, including their many cultural, economic, political, legal, and religious facets. Coverage includes information and insights on broad trends in relationships that are changing the landscape of American society, such as childcare, delayed marriages, blended families, and prevalence of marriage and divorce among various socioeconomic groups. In addition, the encyclopedia features in-depth entries covering high-interest issues that are shaping the character of marriage, divorce, relationships, and family life in the 21st century, including economic/legal topics (child support, prenups, divisions of assets in divorce, the wedding industry, no-fault divorce, legal representation in divorce, and economic independence as a factor in separations/divorce); other divorce factors (infidelity, parenthood, illness, domestic abuse, and child abuse); and a host of other legal/cultural issues, factors, and phenomena, both current and historical.

*Childhood Emotional Neglect* Delmar Baumgarner, 2021-02-11 Every child needs loving connections with others in order to grow into a healthy, happy and well-functioning adult. 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

Cosmopolitan, 1974-07

*What I Heard in the Silence* Maria V. Bergmann, 2000

*The Family at No 23* Kathryn Sharman, 2025-08-28 'An absolute rollercoaster! So many twists and turns... When I thought I'd figured it all out... BOOM! There came the ending. I'm speechless!' Reader review 'This story is wild!! Actual mind-blowing psychological fiction that has you simultaneously shouting at the characters to stop their crazy antics, while turning pages at a rate of knots to find out what will happen next!! This is the most original book I have read in YEARS!' Reader review 'Oh my god! I literally couldn't put this book down! I had to keep reading, the suspense is unreal. Absolutely packed with twists and shocking turns' Reader review 'On Riddleston Road each house reaches three storeys high, with smart gabled roofs and neat garden paths unfurling from pastel coloured front doors. Wide, sash windows stare outwards from the brick facades, revealing a glimpse of beautiful interiors. And concealing dark secrets. Today a new family has moved into number twenty-three. A family who shouldn't be there. As Iris stacks boxes in the hallway, she knows she has made a mistake in coming here. This house will mean her son will get the future he deserves. That will make everything she's done worth it. But someone knows Iris's secret and what she did to get her dream home... Would she kill to keep it? A completely addictive psychological thriller with twists you just won't see coming. Perfect for fans of Freida McFadden, Louise Candlish

and Lisa Jewell. Everyone is gripped by The Family at No 23: 'I was hooked from the beginning and I had to find out what was going to happen. I didn't even want to go to work because I'd have to stop reading. You won't want to put this book down I finished it in 24 hours!... Just wow!' Reader review 'Great book. Was up all night reading it... the twists and turns are fab. Definitely 5 stars' Reader review 'What. A. Debut. This one is going to get people talking... a fantastic read that you will not want to put down. Bravo!' Reader review 'Had me up the entire night reading it. I simply could not put it down. It had everything I was looking for in a thriller and then some. If you are looking for a book that is really going to capture your attention immediately this is the book for you' Reader review 'The perfect blend of domestic dilemma and spiralling suspense. I loved it!' Helen Cooper 'Wrapped in darkness and secrets - I raced through it' Sophie Flynn 'Wow!' J.M. Hall 'I couldn't put it down... A gripping, breath-holding novel that will make you question what you would do for your family' Leah Pitt 'Wonderful!' R.B. Egan 'Made me gasp' Chris Bridges

Contemporary Psychoanalysis, 1981

**Prenatal Parenting** Frederick Wirth, 2001-10-16 Did you know that... Every year an increasing number of babies are born prematurely or with behavioral disorders? Learn how thinking positively and communicating with your partner and/or medical staff can help prevent a preterm birth and aid in the positive development of your unborn child's personality. A baby's in utero experience builds the brain architecture that will determine behavior throughout life? Discover exercises that will help you control stress, fear, guilt, and anger and change unwanted behaviors during pregnancy. Your unborn child has more nerve cells and many more connections among them than an adult? Learn how a fetal love break can help calm your baby and lead to proper nerve and brain development.

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