
The Emotionally Absent Mother Updated And Expande

Mothers and Others

Mother Winter

Daughter Detox

No Country for Old Men

Difficult Mothers, Adult Daughters

The Birth Of A Mother

Adult Children of Emotionally Immature Parents

Emotional Unavailability

Behave

Growing Up Again

This Is All I Got

The Absent Father Effect on Daughters

Recovering from Emotionally Immature Parents

Running on Empty No More

Mothers Who Can't Love

Difficult Mothers: Understanding and Overcoming

Their Power

Mean Mothers

Mothering Without a Map

Ask a Manager

Healing from Trauma

True Love

Absent
Sophie's New Song
Running on Empty
Discovering the Inner Mother
The Emotionally Absent Mother
Mother Hunger
You're Not Crazy - It's Your Mother
Into the Heart of the Feminine
The Emotionally Absent Mother, Updated and
Expanded Second Edition
Longing for Daddy
Will I Ever be Good Enough?
Being There
Are u ok?
The Emotionally Absent Mother, Second Edition:
How to Recognize and Cope with the Invisible
Effects of Childhood Emotional Neglect (Second)
What We Carry
The Unavailable Father
Clap When You Land
Raspberry House Blues
Somebody's Daughter

*The
Emotionally
Absent
Mother
Updated
And
Expanded* *Downloaded
from
intra.itu.edu
by guest*

**LETICIA
WALKER**

*Mothers and
Others Vibrant*

Mind
Publishing
An essential
work for
readers
seeking
compassionat
e, wise
guidance

about the
powerful
relationship
between
mothers and
their sons and
daughters.
Mother love is
often seen as

sacred, but for many children the relationship is a painful struggle. Using the newest research on human attachment and brain development, Terri Apter, an internationally acclaimed psychologist and writer, unlocks the mysteries of this complicated bond. She showcases the five different types of difficult mother—the angry mother, the controlling mother, the narcissistic

mother, the envious mother, and the emotionally neglectful mother—and explains the patterns of behavior seen in each type. Apter also explores the dilemma at the heart of a difficult relationship: why a mother has such a powerful impact on us and why we continue to care about her responses long after we have outgrown our dependence. She then shows how we can conduct

an “emotional audit” on ourselves to overcome the power of the complex feelings a difficult mother inflicts. In the end this book celebrates the great resilience of sons and daughters of difficult mothers as well as acknowledging their special challenges. [Mother Winter](#)
Mango Media Inc.
From the creator of the popular website Ask a Manager and New York’s work-advice

columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There’s a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don’t know what to say. Thankfully, Green does—and in

this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You’ll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you’re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with

your work • your cubemate’s loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no

matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of

Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide “Ask a Manager is the ultimate playbook for navigating the traditional

workforce in a diplomatic but firm way.”—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together Daughter Detox Penguin Somewhere in Africa, more than a million years ago, a line of apes began to rear their young differently than their Great Ape ancestors. From this new form of care came new ways of engaging and understanding each other. How such

singular human capacities evolved, and how they have kept us alive for thousands of generations, is the mystery revealed in this bold and wide-ranging new vision of human emotional evolution. *Mothers and Others* finds the key in the primatologically unique length of human childhood. If the young were to survive in a world of scarce food, they needed to be cared

for, not only by their mothers but also by siblings, aunts, fathers, friends—and, with any luck, grandmothers. Out of this complicated and contingent form of childrearing, Sarah Hrdy argues, came the human capacity for understanding others. *Mothers and Others* teaches us who will care, and who will not. From its opening vision of “apes on a plane”; to descriptions of baby care among

marmosets, chimpanzees, wolves, and lions; to explanations about why men in hunter-gatherer societies hunt together, *Mothers and Others* is compellingly readable. But it is also an intricately knit argument that ever since the Pleistocene, it has taken a village to raise children—and how that gave our ancient ancestors the first push on the path toward becoming emotionally modern

human beings.
*No Country for
Old Men*
Simon &
Schuster
As you
prepare to
become a
mother, you
face an
experience
unlike any
other in your
life. Having a
baby will
redirect your
preferences
and pleasures
and, most
likely, will
realign some
of your
values. As you
undergo this
unique
psychological
transformation
, you will be
guided by new
hopes, fears,
and priorities.
In a most

startling way,
having a child
will influence
all of your
closest
relationships
and redefine
your role in
your family's
history. The
charting of
this
remarkable,
new realm is
the subject of
this
compelling
book. Renowne
d psychiatrist
Daniel N.
Stern has
joined forces
with
pediatrician
and child
psychiatrist
Nadia
Bruschweiler-
Stern and
journalist
Alison
Freeland to

paint a
wonderfully
evocative
picture of the
psychology of
motherhood.
At the heart of
The Birth of a
Mother is an
arresting
premise: Just
as a baby
develops
physically in
utero and
after birth, so
a mother is
born
psychologicall
y in the many
months that
precede and
follow the
birth of her
baby. The
recognition of
this inner
transformation
emerges from
hundreds of
interviews
with new

mothers and decades of clinical experience. Filled with revealing case studies and personal comments from women who have shared this experience, this book will serve as an invaluable sourcebook for new mothers, validating the often confusing emotions that accompany the development of this new identity. In addition to providing insight into the unique

state of motherhood, the authors touch on related topics such as going back to work, fatherhood, adoption, and premature birth. During pregnancy, mothers-to-be talk about morning sickness and their changing bodies, and new mothers talk about their exhaustion, the benefits of nursing or bottle-feeding, and the dilemma of whether or when they should return to work. And yet, they can

be strangely mute about the dramatic and often overwhelming changes going on in their inner lives. Finally, with *The Birth of a Mother*, these powerful feelings are eloquently put into words. *Difficult Mothers, Adult Daughters* New Harbinger Publications A self-help book based in science, the result of more than a decade of research, *Daughter Detox* offers the daughters of unloving mothers vital

information, guidance, and real strategies for healing from childhood experiences, and building genuine self-esteem. Writer Peg Strep lays out seven distinct but interconnected stages on the path to reclaim your life from the effects of a toxic childhood: DISCOVERY, DISCERNMENT, DISTINGUISH, DISARM, RECLAIM, REDIRECT, and RECOVER. Each step is clearly explained, and

richly detailed with the stories of other women, approaches drawn from psychology and other disciplines, and unique exercises. The book will help the reader tackle her own self-doubt and become consciously aware of how her mother's treatment continues to shape her behavior, even today. The message of the book is direct: What you experienced in childhood need not continue to

hold you back in life. What was learned can be unlearned with effort. The book begins with DISCOVERY, opening up the reader's understanding of how she has been wounded and influenced by her mother's treatment. Recognizing the eight toxic maternal behaviors—dismissive, controlling, emotionally unavailable, unreliable, self-involved or narcissistic, combative, enmeshed, or role-reversed—

lays the foundation for the daughter's awareness of how her way of looking at the world, connecting to others, and ability to manage stress were affected. DISCERNMENT delves into the patterns of relationship in her family of origin and how they played a part in her development, and then shifts to looking closely at how the daughter adapted to her treatment, either silencing or losing her true

self in the process. Next up is DISTINGUISH, seeing how the behavioral patterns we learned in childhood animate all of our relationships in the present with lovers and spouses, relatives, friends, neighbors, and colleagues. The act of distinguishing allows us to see why so many of us end up in unsatisfying relationships, chose the wrong partners, or are unable to

develop close friendships. Active recovery begins with DISARM as the daughter learns how to disconnect unconscious patterns of reaction and behavior and substitute actions that will foster the growth of self-esteem. Understanding the triggers that set us off, the cues that put us on the defensive, and the default positions of blaming ourselves and making excuses for other people's toxic behavior

are addressed, as are unhealthy behaviors such as rumination, rejection sensitivity, and more. RECLAIM is the stage at which the reader begins to actively make new choices, preparing herself so that she can live the life she desires by seeing herself as having agency and being empowered. Making new choices and figuring out how to manage her relationship to

her unloving or toxic mother is the focus of REDIRECT. There are stories to inspire and challenge your thinking, exercises that show you how to swap out self-criticism for self-compassion, guidance on how to use journaling as a tool of self-discovery and growth, and advice on goal setting. Finally, RECOVER challenges the reader to come up with a new definition of what it means to heal,

suggests tools to overcome the obstacles she places in her own way, and strategies to become the best, most authentic version of herself.

The Birth Of A Mother

Random House Trade Paperbacks
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) Adult Children of Emotionally Immature Parents The Experiment A Glamour Best Book of 2020 • A Bustle Best Books of 2020 • Winner of an Audiofile Earphones Award • An Entertainment Weekly 30 Hottest Book of the Summer • A Refinery29 25 Book You'll Want To Read This Summer Selection • A Chicago Review of Books 10

Must-Read Books of the Month • A LitHub Most Anticipated Book of the Year • A The Millions Most Anticipated Book of the Year • A Shondaland 15 Hot Books for Summer One of today's most provocative literary writers—the author of the critically-acclaimed *Sunshine State* and the *Los Angeles Times* First Fiction Award finalist *Binary Star*—captures the confused state of modern

romance and the egos that inflate it in a dark comedy about a woman's search for acceptance, identity, and financial security in the rise of Trump. Nina is a struggling writer, a college drop-out, a liar, and a cheater. More than anything she wants love. She deserves it. From the burned-out suburbs of Florida to the anonymous squalor of New York City, she eats through an incestuous

cast of characters in search of it: her mother, a narcissistic lesbian living in a nudist polycule; Odessa, a single mom with even worse taste in men than Nina; Seth, an artist whose latest show is comprised of three Tupperware containers full of trash; Brian, whose roller-coaster affair with Nina is the most stable “relationship” in his life; and Aaron, an aspiring filmmaker living at home

with his parents, with whom Nina begins to write her magnum opus. Nina's quest for fulfillment is at once darkly comedic, acerbically acute, and painfully human—a scathing critique of contemporary society, and a tender examination of our anguished yearning for connection in an era defined by detachment.

Emotional Unavailability New Harbinger

Publications Drawn from research and the real-life experiences of adult daughters, *Mean Mothers* illuminates one of the last cultural taboos: what happens when a woman does not or cannot love her own daughter. Peg Streep, co-author of the highly acclaimed *Girl in the Mirror*, has subtitled this important, eye-opening exploration of the darker side of maternal behavior, "Overcoming the Legacy of

Hurt." There are no psychopathic child abusers in *Mean Mothers*. Instead, this essential volume focuses on the more subtle forms of psychological damage inflicted by mothers on their unappreciated daughters—and offers help and support to those women who were forced to suffer a parent's cruelty and neglect. *Behave* Hazelden Publishing Sophie's New

Song is a therapeutic story for children with absent parents that includes a Note to Parents, Caregivers and Professionals. *Growing Up Again* HarperCollins "This book investigates the impact of absent - physically or emotionally - and inadequate fathers on the lives and psyches of their daughters through the perspective of Jungian analytical

psychology. It tells the stories of daughters who describe the insecurity of self, the splintering and disintegration of the personality, and the silencing of voice. It is relevant for those wanting to understand the complex dynamics of daughters and fathers to become their authentic selves and essential reading for those seeking understanding , analytical and depth psychologists,

therapy professionals, academics and students with Jungian and post-Jungian interests"--. *This Is All I Got* Basic Books Strategies for overcoming a damaged father/daughter relationship Problems between fathers and daughters can damage a young girl's identity, convince her she's unloveable or without worth, and send her into unhealthy adult relationships. This groundbreaking

g book includes in-depth stories and case histories of a broad spectrum of women over 25 who have recovered and flourished in their professional and personal lives despite the lack of a father's recognition and affection. While the legacy of pain that these fathers leave is deep, there is much that can be done to alleviate and even conquer it. Using these women's stories as well

as her insights from her private practice, the author outlines basic strategies to overcome the void left by an abusive, absent, alcoholic, mentally ill, irresponsible, selfish, or unloving father. Written by Sarah Simms Rosenthal who has a thriving practice in New York City Reveals how to understand the truth about your childhood Includes strategies for discovering and analyzing

past adult relationship mistakes—both personal and professional Offers successful techniques for establishing new patterns of behavior The women whose stories are told in *The Unavailable Father* have learned to recognize and change the patterns instigated by their dysfunctional fathers and have moved forward, fulfilled. *The Absent Father Effect on Daughters* Vintage

Sure to become a classic on female empowerment, a groundbreaking exploration of the personal, cultural, and global implications of intergenerational trauma created by patriarchy, how it is passed down from mothers to daughters, and how we can break this destructive cycle. Why do women keep themselves small and quiet? Why do they hold back professionally and

personally? What fuels the uncertainty and lack of confidence so many women often feel? In this paradigm-shifting book, leading feminist thinker Bethany Webster identifies the source of women's trauma. She calls it the Mother Wound—the systemic disenfranchisement of women by the patriarchy—and reveals how this cycle is perpetuated by wounded mothers who unconsciously

pass on damaging beliefs and behaviors to their daughters. In her workshops, online courses, and talks, Webster has helped countless women re-examine their lives and their relationships with their mothers, giving them the vocabulary to voice their pain, and encouraging them to share their experiences. In this manifesto and self-help guide, she

offers practical tools for identifying the manifestations of the Mother Wound in our daily life and strategies we can use to heal ourselves and prevent our daughters from enduring the same pain. In addition, she offers step-by-step advice on how to reconnect with our inner child, grieve the mother we didn't have, stop people-pleasing, and, ultimately, transform our heartache and anger into healing and

self-love. Revealing how women are affected by the Mother Wound, even if they don't personally identify as survivors, Discovering the Inner Mother revolutionizes how we view mother-daughter relationships and gives us the inspiration and guidance we need to improve our lives and ultimately create a more equitable society for all. Recovering from Emotionally Immature

Parents
Morgan James Publishing
The first book specifically for daughters suffering from the emotional abuse of selfish, self-involved mothers, Will I Ever Be Good Enough? provides the expert assistance you need in order to overcome this debilitating history and reclaim your life for yourself. Drawing on over two decades of experience as a therapist specializing in women's psychology

and health, psychotherapist Dr. Karyl McBride helps you recognize the widespread effects of this maternal emotional abuse and guides you as you create an individualized program for self-protection, resolution, and complete recovery. An estimated 1.5 million American women have narcissistic personality disorder, which makes them so insecure and overbearing, insensitive

and domineering that they can psychologically damage their daughters for life. Daughters of narcissistic mothers learn that maternal love is not unconditional, and that it is given only when they behave in accordance with their mothers' often unreasonable expectations and whims. As adults, these daughters consequently have difficulty overcoming their insecurities and feelings of inadequacy,

disappointment, sadness, and emotional emptiness. They may also have a terrible fear of abandonment that leads them to form unhealthy love relationships, as well as a tendency to perfectionism and unrelenting self-criticism, or to self-sabotage and frustration. Her self-recovering daughter of a narcissistic mother, Dr. McBride includes her personal struggle, which adds a profound level

of authority to her work, along with the perspectives of the hundreds of suffering daughters she's interviewed over the years. Their stories of how maternal abuse has manifested in their lives -- as well as how they have successfully overcome its effects -- show you that you're not alone and that you can take back your life and have the control you want. Dr. McBride's step-by-step program will

enable you to:(1) Recognize your own experience with maternal narcissism and its effects on all aspects of your life (2) Discover how you have internalized verbal and nonverbal messages from your mother and how these have translated into a strong desire to overachieve or a tendency to self-sabotage (3) Construct a step-by-step program to reclaim your life and

enhance your sense of self, a process that includes creating a psychological separation from your mother and breaking the legacy of abuse. You will also learn how not to repeat your mother's mistakes with your own daughter. Warm and sympathetic, filled with the examples of women who have established healthy boundaries with their hurtful mothers, Will I Ever Be Good

Enough? encourages and inspires you as it aids your recovery. *Running on Empty No More* John Wiley & Sons Where Was Daddy When You Needed Him? The absence of fathers is an epidemic plaguing our society, affecting families from every corner of our world and from all walks of life. Whether our fathers left us entirely during our childhood or were physically present but emotionally

distant, those who missed out on an affirming, intimate father-love continue to experience the devastating consequences of that loss. • Are you angry at the world and don't know why? • Do you inadvertently sabotage relationships or smother those closest to you? • Do you rarely take risks or step out on faith? • Is there an undercurrent of anxiety in most tasks you perform?

• Do you struggle to connect with God? • Do you have little or no self-confidence—or minimal self-worth? For women who answer yes to these questions, the common denominator is often an absent father. Far too many daughters have been stripped of a healthy relationship with their earthly dad. But real healing is within your reach. Discover how the absence of your father

has impacted your entire life—your attitude, your actions, your beliefs, your decisions, and your identity—and learn how you can stop resulting negative behaviors, break free, and experience a confidence-building, empowering love that will heal your hurts and fulfill your deepest longings.

Mothers Who Can't Love

Simon and Schuster
From the bestselling author of *The*

Passenger and the Pulitzer Prize-winning novel *The Road* comes a "profoundly disturbing and gorgeously rendered" novel (*The Washington Post*) that returns to the Texas-Mexico border, setting of the famed *Border Trilogy*. The time is our own, when rustlers have given way to drug-runners and small towns have become free-fire zones.

One day, a good old boy named Llewellyn Moss finds a pickup truck

surrounded by a bodyguard of dead men. A load of heroin and two million dollars in cash are still in the back. When Moss takes the money, he sets off a chain reaction of catastrophic violence that not even the law—in the person of aging, disillusioned Sheriff Bell—can contain. As Moss tries to evade his pursuers—in particular a mysterious mastermind who flips coins for human

lives—McCarthy
y
simultaneousl
y strips down
the American
crime novel
and broadens
its concerns to
encompass
themes as
ancient as the
Bible and as
bloodily
contemporary
as this
morning’s
headlines. No
Country for
Old Men is a
triumph. Look
for Cormac
McCarthy’s
latest
bestselling
novels, *The
Passenger* and
Stella Maris.
Difficult
Mothers:
Understanding
and
Overcoming

Their Power
WaterBrook
“A gorgeous
memoir about
mothers,
daughters,
and the
tenacity of the
love that
grows
between what
is said and
what is left
unspoken.”—
Mira Jacob,
author of
Good Talk If
our family
stories shape
us, what
happens when
we learn those
stories were
never true?
Who do we
become when
we shed our
illusions about
the past?
Maya
Shanbhag
Lang grew up

idolizing her
brilliant
mother, an
accomplished
physician who
immigrated to
the United
States from
India and
completed her
residency all
while raising
her children
and keeping a
traditional
Indian home.
Maya’s
mother had
always been a
source of
support—until
Maya became
a mother
herself. Then
the parent
who had once
been so
capable and
attentive
became
suddenly and
inexplicably

unavailable. Struggling to understand this abrupt change while raising her own young child, Maya searches for answers and soon learns that her mother is living with Alzheimer's. Unable to remember or keep track of the stories she once told her daughter—stories about her life in India, why she immigrated, and her experience of motherhood—Maya's mother divulges secrets about

her past that force Maya to reexamine their relationship. It becomes clear that Maya never really knew her mother, despite their close bond. Absorbing, moving, and raw, *What We Carry* is a memoir about mothers and daughters, lies and truths, receiving and giving care, and how we cannot grow up until we fully understand the people who raised us. It is a beautiful examination

of the weight we shoulder as women and an exploration of how to finally set our burdens down. Praise for *What We Carry* "Part self-discovery, part family history. . . [Lang's] analysis of the shifting roles of mothers and daughters, particularly through the lens of immigration, help[s] to challenge her family's mythology. . . . Readers interested in examining their own family stories .

. . . will connect deeply with Lang's beautiful memoir."—Library Journal (Starred Review) "A stirring memoir exploring the fraught relationships between mothers and daughters . . . astutely written and intense . . . [What We Carry] will strike a chord with readers."—Publishers Weekly "Lang is an immediately affable and honest narrator who offers an

intriguing blend of revelatory personal history and touching insight."—BookPage
Mean Mothers
Penguin
"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. [Mothering Without a Map](#) Da Capo Lifelong Books Now a New York Times bestseller! If you grew up with an emotionally immature, unavailable, or selfish parent,

you may have lingering feelings of anger, loneliness, betrayal, or abandonment. You may recall your childhood as a time when your emotional needs were not met, when your feelings were dismissed, or when you took on adult levels of responsibility in an effort to compensate for your parent's behavior. These wounds can be healed, and you can move forward in your life. In this

breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents' emotional immaturity, you can recover your

true nature, control how you react to them, and avoid disappointment. Finally, you'll learn how to create positive, new relationships so you can build a better life. Discover the four types of difficult parents: The emotional parent instills feelings of instability and anxiety The driven parent stays busy trying to perfect everything and everyone The passive parent avoids dealing with anything

upsetting The rejecting parent is withdrawn, dismissive, and derogatory *Ask a Manager* HarperCollins A NEW YORK TIMES NOTABLE BOOK • From an award-winning journalist, a poignant and gripping immersion in the life of a young, homeless single mother amid her quest to find stability and shelter in the richest city in America *LONGLISTED FOR THE PEN/JEAN*

STEIN BOOK AWARD • “Riveting . . . a remarkable feat of reporting.”—The New York Times Camila is twenty-two years old and a new mother. She has no family to rely on, no partner, and no home. Despite her intelligence and determination, the odds are firmly stacked against her. In this extraordinary work of literary reportage, Lauren Sandler chronicles a year in

Camila’s life—from the birth of her son to his first birthday—as she navigates the labyrinth of poverty and homelessness in New York City. In her attempts to secure a safe place to raise her son and find a measure of freedom in her life, Camila copes with dashed dreams, failed relationships, the desolation of abandonment, and miles of red tape with grit, humor, and uncanny resilience. Every day,

more than forty-five million Americans attempt to survive below the poverty line. Every night, nearly sixty thousand people sleep in New York City-run shelters, 40 percent of them children. In *This Is All I Got*, Sandler brings this deeply personal issue to life, vividly depicting one woman’s hope and despair and her steadfast determination to change her life despite the myriad setbacks she

encounters. This Is All I Got is a rare feat of reporting and a dramatic story of survival. Sandler's candid and revealing account also exposes the murky boundaries between a journalist and her subject when it becomes impossible to remain a dispassionate observer. She has written a powerful and unforgettable indictment of a system that is often indifferent to the needs of those it

serves, and that sometimes seems designed to fail. Praise for This Is All I Got "A rich, sociologically valuable work that's more gripping, and more devastating, than fiction."—Book list "Vivid, heartbreaking. . . . Readers will be moved by this harrowing and impassioned call for change."—Publishers Weekly "A closely observed chronicle . . . Sandler displays her journalistic

talent by unerringly presenting this dire situation. . . . An impressive blend of dispassionate reporting, pungent condemnation of public welfare, and gritty humanity." —Kirkus Reviews
Healing from Trauma
Hachette+OR
M
A powerful look at the importance of a mother's presence in the first years of life
**Featured in The Wall Street Journal, and seen on

Good Morning America, Fox & Friends, and CBS New York** In this important and empowering book, veteran psychoanalyst Erica Komisar explains why a mother's emotional and physical presence in her child's life--especially during the first three years--gives the child a greater chance of growing up emotionally healthy, happy, secure, and resilient. In other words, when it comes to connecting

with your baby or toddler, more is more. Compassionate and balanced, and focusing on the emotional health of children and moms alike, this book shows parents how to give their little ones the best chance for developing into healthy and loving adults. Based on more than two decades of clinical work, established psychoanalytic theory, and the most cutting-edge neurobiological

I research on caregiving, attachment, and brain development, Being There explains: • How to establish emotional connection with a newborn or young child--regardless of whether you're able to work part-time or stay home • How to ease transitions to minimize stress for your baby or toddler • How to select and train quality childcare • What's true and false about widely held beliefs

like "I'm not good with babies" and "I'll make up for it when he's older" • How to recognize and combat feelings of postpartum depression or boredom •	Why three months of maternity leave is not long enough-- and how parents can take control of their choices to provide for their family's emotional needs in the first three	years Being a new mom isn't easy. But with support, emotional awareness, and coping skills, it can be the most magical—and essential—work we'll ever do.
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Best Sellers - Books :

- [The Nightingale: A Novel By Kristin Hannah](#)
- [Baking Yesteryear: The Best Recipes From The 1900s To The 1980s](#)
- [Fahrenheit 451](#)
- [The 5 Love Languages: The Secret To Love That Lasts By Gary Chapman](#)
- [The Creative Act: A Way Of Being](#)
- [Demon Copperhead: A Pulitzer Prize Winner By Barbara Kingsolver](#)
- [Brown Bear, Brown Bear, What Do You See? By Bill Martin Jr.](#)
- [Young Forever: The Secrets To Living Your Longest, Healthiest Life \(the Dr. Hyman Library, 11\)](#)
- [Our Class Is A Family \(our Class Is A Family & Our School Is A Family\) By Shannon Olsen](#)

- [A Court Of Frost And Starlight \(a Court Of Thorns And Roses, 4\)](#)