



# Mothers Who Can't Love: A Healing Guide for Daughters

By Susan Forward, Donna Frazier Glynn

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**Mothers Who Can't Love: A Healing Guide for Daughters** By Susan Forward, Donna Frazier Glynn

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.

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### Editorial Review

From Publishers Weekly

In this powerful guide, Forward (*Toxic Parents*) offers a lifeline for those who have suffered through a dysfunctional relationship with a parent. After defining and describing the five most common types of abusive mothers (overly enmeshed; severely narcissistic; control freak; mothers who need mothering; and those who are physically and/or emotionally abusive) Forward gets to work showing adult daughters how to address the negative beliefs that grew from an unhealthy upbringing. With empathy, she assures those who suffer that the abuse is unequivocally not their fault and offers a series of exercises designed to reveal the truth of the situation, acknowledge the pain, learn to set boundaries, and break self-defeating patterns. In a particularly sensitive area, Forward addresses the issue of incest and mothers who have been complicit in such abuse, urging incest victims to seek professional therapy. While this title is labeled as a guide for women whose mothers are unable to love, its sound advice is applicable to persons of any gender. And while readers may be overwhelmed with painful memories at some junctures—an eventuality Forward expects and addresses—this book should be considered required reading for anyone who had an abusive childhood. (Oct.)

Review

“Forward validates the reader’s feelings and presents effective coping mechanisms, offering suggestions on setting boundaries, negotiating for a better relationship, [and] being assertive . . . Highly recommended.” (*Library Journal* (starred review))

“A useful challenge to accepted wisdom about the normally taboo subject of mother love, with helpful tips on how to jump-start the healing process.” (*Kirkus Reviews*)

“Once again Susan Forward has identified an important issue that has been calling out for her expertise and unique perspective. This landmark book is powerful, accessible and extremely supportive - just what women need! Her case examples are riveting, her techniques are brilliant and her wisdom is poignant.” (Beverly Engel, author of *Healing Your Emotional Self* and *The Nice Girl Syndrome*)

“A riveting, compassionate guide to helping women transcend the wounds inflicted by their rejecting or abusive mothers.” (Janis Abrahms Spring, Ph.D., author of *How Can I Forgive You? The Courage to Forgive, The Freedom Not To*)

“Susan Forward has saved millions of lives with her profound wisdom that children raised by abusive parents need not “forgive and forget” to heal and move on to happy, healthy lives. . . . A powerful guide to self healing.” (Carole H. Brower, Research Professor, Semel Institute for Neuroscience and Human Behavior, UCLA)

“I know so many women who will feel enormously grateful for *Mothers Who Can't Love*, and rightly so. This thoughtful and thorough book will validate their feelings and their stories, and even more important will offer invaluable and empowering wisdom.” (Mira Kirshenbaum, author of *I Love You but I Don't Trust You and Too Good to Leave, Too Bad to Stay*)

From the Back Cover

Bestselling author Susan Forward looks at the devastating impact unloving mothers have on their daughters and provides effective techniques for overcoming that painful legacy.

Over the course of thirty-five years as a therapist, Susan Forward has worked with a large number 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 other forms of abuse, women raised by mothers who can't love are plagued by anxiety, depression, relationship problems, lack of confidence, and difficulties with trust.

But as Forward explains in *Mothers Who Can't Love*, it is possible to heal the mother wound and find help and validation. The many different kinds of unloving mothers—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—are all described in these pages. They each bring unique issues to the mother-daughter dynamic and need to be understood in order for healing to begin.

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 their childhoods and act in their own best interests. Riveting and compassionate, this landmark book will give daughters the emotional support and tools they need to reclaim their confidence and self-respect so that the emotional destructiveness they grew up with does not constitute a legacy for future generations.

## **Users Review**

### **From reader reviews:**

#### **Patricia Spear:**

Why don't make it to be your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite guide and reading a publication. Beside you can solve your condition; you can add your knowledge by the publication entitled *Mothers Who Can't Love: A Healing Guide for Daughters*. Try to the actual book *Mothers Who Can't Love: A Healing Guide for Daughters* as your pal. It means that it can for being your friend when you truly feel alone and beside those of course make you smarter than in the past. Yeah, it is very fortunate for you personally. The book makes you far more confidence because you can know anything by the book. So , let us make new experience and also knowledge with this book.

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**Jose Jones:**

As people who live in the actual modest era should be change about what going on or information even knowledge to make them keep up with the era that is certainly always change and progress. Some of you maybe may update themselves by looking at books. It is a good choice for you but the problems coming to anyone is you don't know what kind you should start with. This Mothers Who Can't Love: A Healing Guide for Daughters is our recommendation to help you keep up with the world. Why, because book serves what you want and wish in this era.

**Dawn Fernandez:**

This book untitled Mothers Who Can't Love: A Healing Guide for Daughters to be one of several books which best seller in this year, honestly, that is because when you read this book you can get a lot of benefit in it. You will easily to buy that book in the book store or you can order it by using online. The publisher of the book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Smartphone. So there is no reason to your account to past this guide from your list.

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