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# Motherless Daughters

THE LEGACY OF LOSS

"Absorbing... thoughtful... a moving and valuable treatment of a neglected subject."

—New York Times Book Review

Hope Edelman

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**Motherless Daughters: The Legacy of Loss, 20th Anniversary Edition**



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The classic NY Times bestseller which has helped millions of women cope with and heal from the grief of losing their mothers Although a mother's mortality is inevitable no book has discussed the profound enduring and far reaching ramifications of this loss until Motherless Daughters, which became an instantaneous classic. Building on interviews with hundreds of mother reduction survivors, Edelman's personal tale of losing her mom, and recent study in grief and psychology, Motherless Daughters reveals the shared encounters and core identity issues of motherless females: Why the absence of a nurturing hand shapes a woman's identity throughout her lifespan How current romantic relationships are defined by past losses How a female can resolve previous conflicts and move toward acceptance and healing Why grief really is not a linear passage but a continuing cyclical journey How the legacy of mom loss shifts with the duration of time More than two decades later, it really is still the go-to publication that women of most ages look to for comfort, help, and understanding when their mother dies.



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Each story I attempted to read left me personally feeling even worse for hardly ever having had that which others had lost. If you by no means experienced having a mom, this book might not be for you. My mother left at an early age, I have no actual memory space of her. My step mother was always obvious about her non-affection for me.. Unfortunately, page after web page speaks of deep connection now lost.. I rated it as a one and then be the out-lier in hopes that persons in an identical situation might view it and consider it. If you're reading this,..... I need to keep taking breaks from reading this, not because it's a poor book (it's an incredible reserve), but because if you're anything like me, the truth is hard to swallow. I am a girl who lost her mother as a adult and found my encounter to be similar those in the same scenario. I could never clarify the depth of this book to you, but if you're reading this review, you will need this publication. Because certainly, you're looking for an explanation for what you're sense. Okay, but gives brief shrift to a big subset of motherless daughters I gave this reserve 4 stars since it is well-written and contained useful details on a topic seldom covered, especially taking into consideration the author isn't a mental healthcare provider. When my mother passed away I was over 40 years old with 3 kids, etc... It knew exactly how I experienced when it seemed everybody else experienced no clue. I'd put it down rather than read it for a while. Then pick it up when I sensed I needed a person who understood again. Certainly recommend it for those who feel like nobody understands how their very existence is different now that their Mom is fully gone. This is one of the best things that a woman can do for herself and/or for other friends or siblings. I couldn't place it down initially when I acquired it... It was profoundly simpler to read small sections at a time. Excellent Book For those who Suddenly Lose their Mothers Excellent book and just what I expected to assist me with the unexpected and recent lack of my beloved young radiant mother.<sup>3</sup> Certainly recommend it for individuals who feel like nobody understands how their whole life is different now that their Mom is gone. Also having dropped my father I wondered why my center was breaking and why at this age I felt like such an orphan.. it will help them understand why they hurt so bad, and it'll help them complete day by day. Five Stars great Genuine, research(interview)-based, and therapeutic.. I lost my mother when I was 17 and recently it found my path once again and I found it helped me make sense of some of my entire life choice and even probably see more of how to allow more love into my globe. Each story I attempted to read left me feeling even worse for hardly ever having had whatever others had lost..... I hoped this reserve would put some comfort or knowledge in the the void. As someone who likes to read nonfiction and enjoys figures, I found it to be an informative go through that was still accessible and highly personal. I didn't think I would complete her death.. Reading the reviews We wasn't sure if I could read it or not, that said, I am so glad I acquired the book..... One of my friends gave me this book to read..! I've read calm a bit of this book although We .. Highly Recommend I recommend this book for anyone who has already established to grow up with a mother who is either physically, psychologically or emotionally absent from her existence!..... it doesn't matter the age or how you reduce a Mother - it's a rude awakening for a daughter.... No matter how or when you lost your mom (to death. It certainly explains what is so particular in the romantic relationships between mothers and their daughters.. My mother's death was probably the most traumatic existence experiences I've ever endured. Reading this let me know that I was not alone in the manner I experienced bereavement, gave me perspective on what others process the increased loss of a mother, and helped me develop the psychological space I needed to grieve... Beautiful book, up to now!. as it has a lot of case research and it sensed tedious if you ask me at the time This book was given to me 10 years ago and I don't believe I was prepared to read it, as it has a lot of case studies and it felt tedious to me at that time. I find that I right now purchase it for everybody that I understand that loses their mom - and present it to them with words to read it if they think they might be in a position to handle it.... I've read calm a bit of this reserve although I personally feel it's geared more for a younger female.)... Easy to recognize With/ OUGHT TO BE Read in Equipment This was an excellent resource that was presented with if you ask me by Hospice when my mother died. Lately, I decided to buy it for my own personal library so that I could pass it on easily needed

to. It offers personal stories broken down by the sort of death experienced (such as by daughters who provided caregiving for moms with prolonged disease, daughters who experienced sudden death, or daughters who experienced the death of their moms in childhood, adolescence, early adulthood, etc. I'm 57 & And this book brings out a whole lot of truth, and enables you to question your complete grieving process, while still becoming comforting... Maybe Edelman will compose another publication for the rest of us who can only just, or mainly, grieve the idea of the mother we never really had. When I tried to power through the written text, I found myself sobbing all night... I would suggest it to other grieving daughters. A terrific book, !. It includes a similar mental reference that the reserve Attached has. Every Motherless Daughter must read Best book I have ever read. Five Stars Great book for motherless daughters of any age.. You're not alone! This book changed my life....or life) there is something in right here for you. Three Stars A little deeper/boring read than i was expecting Five Stars As advertised.. If I could meet this Writer, I would give her the largest hug ever and thank her from the bottom of my broken heart < Nevertheless, Edelman does mainly house in on the experience of women whose situation is quite similar to her very own - a loss of a beloved mother in childhood/adolescence - and barely mentions the encounters of women whose mothers had been absent through abandonment or emotionally unavailable through substance abuse. She does not IGNORE that aspect of motherlessness, she just doesn't give it the interest that it warrants, especially given the name of the publication. It's a big weakness of the book, maybe something she felt inadequate to explore given that her background is in journalism rather than psychology, but I really do think some visitors will be left empty-handed. Furthermore, some readers will even feel more alienated because they read story after story of these daughters who grieve the increased loss of a mother who in fact loved them and who is truly missed. I would suggest that anyone who's reading this to consider it in equipment.



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