



Narcissistic Mothers (and Their Loveless Baggage): 6 Daughters of Toxic Parents Offer Crucial Insight for Your Self-Healing

Abigail Trent, Eileen Huxley, Lizzie Duarth, Tina Ejiofor, Annelise Burlett, Paisley

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Has your narcissistic mother left you emotionally scarred? Do you feel like you are less than a person when she is around you, even today?

If so, this book is a great guide for you to help you cope with and manage your feelings and emotional issues. To be clear, it is NOT written by mental health professionals. It is much more raw than that, as it is written by six daughters - just like you - with narcissistic mothers ...all daughters with deep emotional scars. But these are challenges that the daughters have found the strength to tackle and found ways to make great progress toward leading emotionally happy lives. These six daughters of narcissistic mothers, who bring the diversity and cultures of four countries into the discussion, are here to let you know that you are NOT alone, and you are NOT crazy (as your mother may have you believe, because she of course, is perfect!).

Here are some of the things you will learn:

- That you ARE worthy and deserving of a healthy life, both physically and mentally.
- That you DO have a right to healthy boundaries from your mother or both parents.
- Inspiration to rise above the lifelong emotional abuse.
- They offer suggested solutions towards feeling better about yourself AND dealing with your mother.
- If your parents were in a nasty divorce, you will learn that it is NOT OK to use the child (you?) as a pawn - you won't believe one author's devastating court story!
- You will see what some of the authors say about their faith in God as it pertains to their relationships with their narcissistic mothers (see one author's eye-opening and "freeing" interpretation of the 5th Commandment!)
- Do you HAVE to love your toxic, narcissistic mother?
- Do you HAVE to maintain contact with her?
- What if you are the only child in your family who seems to have problems with your mom? Is it your fault?
- What are the international views of mothers and parents, culturally? Do they differ vastly? (you may be in for some surprises!)
- Are you obligated to keep up the efforts of trying to "fix" your relationship with your toxic, narcissistic

mother? If so, for how long?

- How does the death of your mother's spouse (possibly your father) affect a narcissistic mother (you will find cases of this in the book).

- How does the death of one or both of the parents in some of these stories affect the daughter emotionally, going forward?

- Is being a narcissistic mother generational, and if so, how do you STOP it?

All of these things and many more are addressed in this book. Come now and join these six journeys to hopefulness; and congratulations on taking one more step toward an emotionally happy life!

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