

DpSWg [Download] Will I Ever Be Good Enough?: Healing the Daughters of Narcissistic Mothers

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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. Narcissistic mothers teach their daughters that love is not unconditional, that it is given only when they behave in accordance with maternal expectations and whims. As adults, these daughters have difficulty overcoming feelings of inadequacy, disappointment, emotional emptiness, and sadness.

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