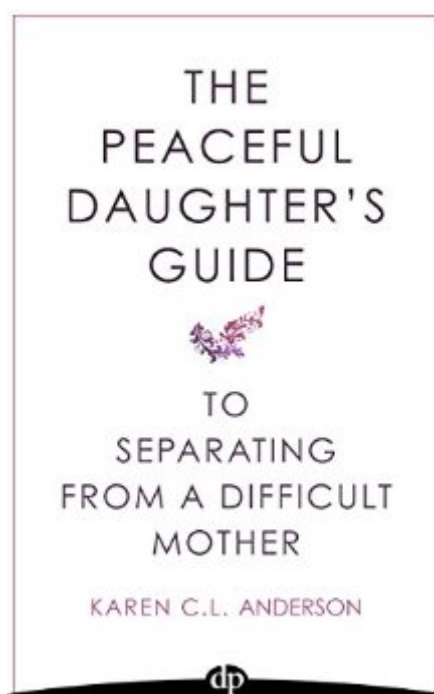


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# The Peaceful Daughter's Guide To Separating From A Difficult Mother: Freeing Yourself From The Guilt, Anger, Resentment And Bitterness Of Being Raised ... (The Peaceful Daughter's Guides Book 1)



## Synopsis

Every woman has a mother story. A story she uses to define herself, to limit herself, to react from, to blame from, and to shame herself from. Using her own story, the author provides a series of thought-provoking concepts and tools to help adult daughters rewrite and transform their mother stories from tales of blame, shame, and reaction, to narratives of resilience, empowerment, and autonomy. This is NOT another "here's what's wrong with your mother" book! In *The Peaceful Daughter's Guide to Separating from a Difficult Mother*, Karen shares her down-to-earth and light-hearted wisdom and personal examples to illustrate the process she used to feel better about herself, using her relationship with her mother as the lens through which to focus. Readers will learn: The difference between stories that hold you back and a story that sets you free. What emotions really are, how to literally feel and process them, and how to safely express them. The connection between thoughts and feelings. The art of setting empowered boundaries. How to stop "shoulding" when it comes to yourself and your mother. How to start truly taking care of yourself and meet your own needs.

Advance Praise for *The Peaceful Daughter's Guide to Separating from a Difficult Mother*: "The Peaceful Daughter's Guide is a practical and uplifting guide for the scores of women whose relationship with their mothers is less than optimal!" ~ Christiane Northrup, M.D., ob/gyn physician and author of the New York Times bestsellers: "Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Wellbeing", "Women's Bodies, Women's Wisdom", and "The Wisdom of Menopause"

"The work that Karen C.L. Anderson is doing with daughters in regards to their mothers is some of the most important work on the planet today. When we understand how influenced our minds are by what happened when we were growing up, we can then decide to let it go. In this book, Karen gives us the steps to do just that. I know from experience that this work is not easy, but it is by far the most important work I have ever done. Let Karen show you the way." ~ Brooke Castillo, Master Coach Instructor & Founder of The Life Coach School

"At the very best of times, the mother-daughter relationship is one of complexity. An unloved Daughter - a Daughter that is abandoned emotionally - experiences a relationship peppered with harsh behavioral minefields: enmeshment, confusion, grief, fear, anger, shame...behaviors that can take control, making it not the reality she wants, but the reality she thinks she has to live. *The Peaceful Daughter's Guide* shows a way to navigate this difficult minefield and how to come back on the other side to create the reality you want. This is not a book that's filled with behavioral data and no support. It is a first-hand account of someone who has walked the complicated walk of the Unloved Daughter and who has found a better way. It offers exercises to help bring more clarity (and understanding) to this relationship. It is obvious that Karen's experience is what drove her to create

this guide. And it is what makes it such a sincere, loving and inspirational resource for helping others." ~ Jo Pillmore, Mindset Coach "I've been a fan of Karen C.L. Anderson for a long time. She's kind, compassionate, and she gets it. Kudos to her on more evidence of that with The Peaceful Daughter's Guide to Separating from a Difficult Mother. In it, she brings to life how to maneuver through what for many of us is a very difficult yet primary relationship and come out on top--not to the detriment of anyone and much to the benefit of yourself. It's a valuable read for anyone who has or had "mother problems." And there's a bonus: The strategies she suggests could be helpful in any close relationship in your life." ~ Marsha Hudnall, MS, RDN, CD, President & Co-Owner, Green Mountain at Fox Run

## **Book Information**

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## **Customer Reviews**

Since a couple of years I started a process of psychologically separating from my mother with the help of therapy and other tools like mindfulness. I read quite a number of books on the subject, including the ones mentioned in the book - about the mothers who can't love, etc. This is probably going to be a longer review than initially planned, since I want to explain a couple of things first. So, about these books. In the beginning of the process I was so eager to find me a sole fix to all my

problems, a one-book-that-explains-it-all. Inevitably there would be a disappointment in the end. So over the years I learned to look at it as a giant puzzle. Millions of pieces, all representing my knowledge about myself and life. Some books will deliver whole chunks of pieces - important insights, some only one or two pieces - interesting ideas that complemented existing knowledge, but not opening new areas. Ok, that was the detour. So I was eager to start reading this book ("The Peaceful Daughter..."), but not that eager like 'oh this is gonna be THE book'. I must also clarify, that therapy-wise, I am at the point where I seem to have past the peak of anger and bitterness and am slowly approaching sadness. Although it all goes in circles and at a 'two steps forward one step back' pace. This is to explain that I was particularly attracted to the word "peaceful" in the title. I am quite tired of all the anger. It's exhausting, really. So I found the book really sharp and deep on a number of points. I am not going to detail all of them, but overall the book is extremely interesting because it is written by someone who's been there with her mother, through therapy, etc.

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The Peaceful Daughter's Guide to Separating from A Difficult Mother: Freeing Yourself From The Guilt, Anger, Resentment and Bitterness of Being Raised ... (The Peaceful Daughter's Guides Book 1) Difficult Mothers: Difficult Mothers Cure: Toxic Relationships With Narcissistic Mothers Understood And Overcome Forever! (Difficult Mothers, narcissistic ... absent mother, narcissist relationship) Good and Angry: Redeeming Anger, Irritation, Complaining, and Bitterness The Mighty Queens of Freeville: A Mother, a Daughter, and the Town That Raised Them Unmasking Male Depression: Recognizing the Root Cause to Many Problem Behaviors Such as Anger, Resentment, Abusiveness, Silence, Addictions, and Sexual Compulsiveness Switching Lanes: A Mother Daughter Love Triangle (Mother Daughter Series) Guilt Release, Let Go of Guilt and Shame: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations No-Bake Cheesecake: 40 Low-Carb, No-Bake Cheesecake Recipes That You Can Indulge in Without Guilt (Guilt-Free Desserts) Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) How To Stop Arguing: Dealing With Stress, Anger, Rejection, Conflict, Fighting and Difficult People Secret Daughter: A Mixed-Race Daughter and the Mother Who Gave Her Away Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger The Anger Workbook: An Interactive Guide to Anger Management The Mindful Way Through Depression: Freeing Yourself

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