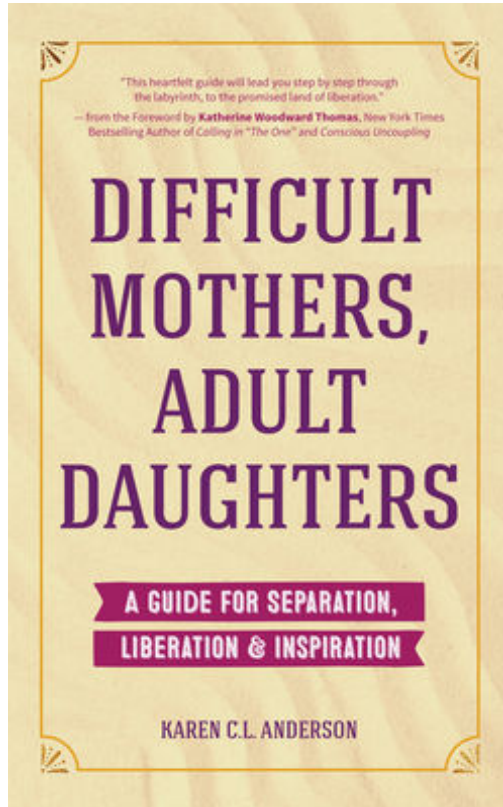


# Télécharger Livres Gratuit Difficult Mothers, Adult Daughters (PDF | ePub | Mobi) Karen C.L. Anderson download-free



#1 Amazon New Release – Transform Your Relationship With Your Mother

If you liked Melody Beattie's Codependent No More or Henry Cloud's Boundaries, you'll love Difficult Mothers, Adult Daughters

Difficult mother? The best news on the planet is that your mother doesn't have to change in order for you to be happy. In fact, author Karen C.L. Anderson will take it a step further and say, your difficult mother doesn't have to change in order for you to be free, peaceful, content, and joyful.

Narcissistic mother? You can emotionally separate without guilt. Inspired by her own journey, Anderson's Difficult Mothers, Adult Daughters shows women how to emotionally separate from their difficult mothers without guilt and anxiety, so they can finally create a life based on their own values, desires, needs, and preferences.

Learn through the experiences of others: The book is filled with personal stories and experiences, practical tools that can be used right away to feel better, and journal prompts. Anderson compassionately leads women who struggle in their relationships with their difficult mothers through a process of self-awareness and understanding. Karen's experience with hundreds of women has resulted in cases of profound growth and transformation.

Funny and compassionate: This book is about Karen discovering and accepting the whole of who she is (separate from her mother), and making her discoveries accessible to women struggling to redefine their challenging relationships with their mothers. Her writing is relatable, real, funny, and compassionate.

What you'll learn inside this book:

Why mothers and daughters can have difficult relationships  
How to heal and transform your mother "wounds"  
How to tell your stories in a way that empowers you  
How to handle the uncomfortable emotions that seem inevitable  
The art of creating, articulating, and maintaining impeccable boundaries  
How to stop "shoulding" when it comes to yourself and your mother  
How to "re-mother" yourself and acknowledge, honor, and meet your own preferences and needs

**Title** : Difficult Mothers, Adult Daughters  
**Author** : Karen C.L. Anderson  
**Catégorie** : Famille - parents

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