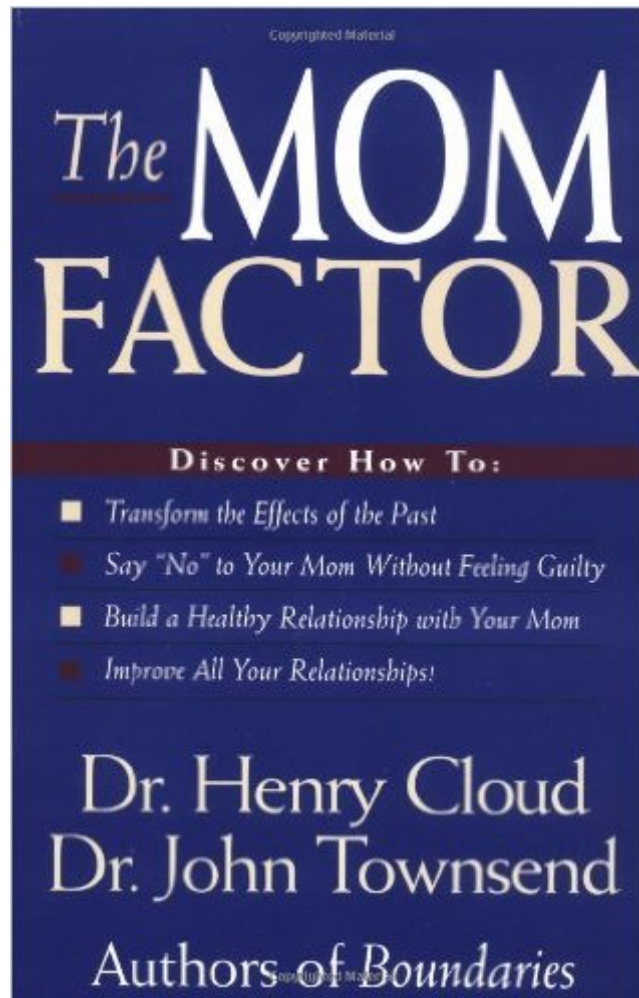


The book was found

The Mom Factor



Synopsis

No one has influenced the person you are today like your mother. The way she handled your needs as a child has shaped your worldview, your relationships, your marriage, your career, your self-image -- your life. The Mom Factor can help you identify areas that need reshaping, to make positive choices for personal change, and to establish a nature relationship with Mom today. Drs. Henry Cloud and John Townsend steer you down a path of discovery and growth beyond the effects of six common mom types: - The Phantom Mom . . . - The China Doll Mom - The Controlling Mom . . . - The Trophy Mom - The Still-the-Boss Mom . . . The American Express Mom -- You'll learn how your mom affected you as a child and may still be affecting you today. And you'll find a realistic and empowering approach to filling your unmet mothering needs in healthy, life-changing ways through other people. The Mom Factor is a biblical route to wholeness and growth, to deeper and more satisfying bonds with your family, friends, and spouse -- and to a new, healthier way of relating to your mother today.

Book Information

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Customer Reviews

Drs. Cloud and Townsend are Christian psychologists who are very well known in the Christian community. They are popular speakers and co-hosts of the nationally broadcast New Life radio program. They are best-selling authors of a number of books, including the very popular "Boundaries" series. The authors explain how the mother you had (and have!) influences the adult you are today. They help you to transform the effects of the past and re-build your adulthood, which

may or may not include your mother. Feelings of resentment, sadness, anger and grief are not resolved by denying them, they must be processed and worked through. We must watch out for our tendencies to resist adulthood, freedom, and equality and to return to the child position with our mother figures. Different types of mothers and their emotional problems and effects on us are discussed in detail, as well as how to deal with them. These include the China Doll Mom, the Controlling Mom, the Trophy Mom, the American Express Mom, and the Still-The-Boss Mom. Inappropriate reactions of other relatives are included. For instance, in the China Doll Mom chapter, we are taught that any attempt to communicate directly with Mom about your relationship is fraught with danger because she will often be in tears, upset, or out of the room before you have completed your first sentence. "The adult child feels guilty for 'hurting mom,' especially if other siblings fuse with mom's self-victimization. The rest of the clan is often unable to understand the control and manipulation behind mom's demeanor. The siblings will then unite against the "black sheep" who is so mean to mother. In this way, they are able to displace their own frustration with mom onto a safe target: the child who tries to reconcile honestly.

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