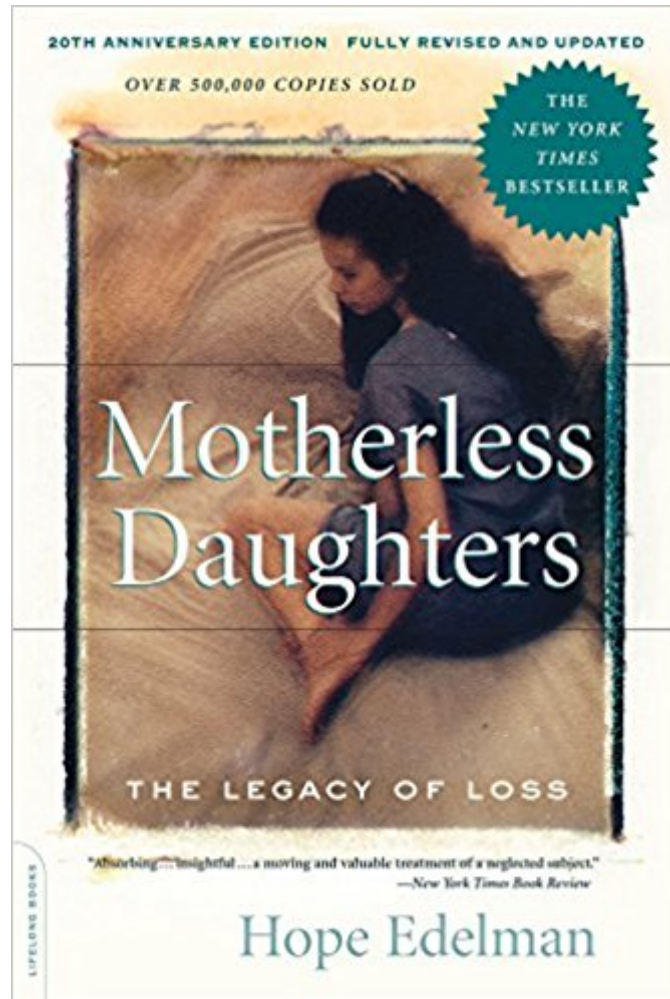


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Motherless Daughters: The Legacy Of Loss, 20th Anniversary Edition



Synopsis

Ask any woman whose mother has died, and she will tell you that she is irrevocably altered, as deeply changed by her mother's death as she was by her mother's life. Although a mother's mortality is inevitable, no book had discussed the profound, lasting, and far-reaching effects of this loss--until *Motherless Daughters*, which became an instant classic. Twenty years later, it is still the book that women of all ages look to for comfort and understanding when their mothers die, and the book that they continue to press into each other's hands. Building on interviews with hundreds of mother-loss survivors, the author's personal story of losing her mother, recent research in grief and psychology, and with a new afterword exploring how the legacy of mother loss shifts with the passage of time, *Motherless Daughters* reveals the shared experiences and core identity issues of motherless women: Why the absence of a nurturing hand shapes a woman's identity throughout her lifespan How present-day relationships are defined by past losses How a woman can resolve past conflicts and move toward acceptance and healing What grief really is: not a linear passage, but an ongoing cyclical journey

Book Information

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#66 in Â Books > Health, Fitness & Dieting > Mental Health > Emotions

Customer Reviews

This book helped me understand my grief in a way that made it (slightly) more bearable. It goes over how losing your mother at different times in your life changes the impact and gives context to your loss. Every loss is significant. This book helped me mourn and not feel bad for the depth of my sorrow. It made me feel not so alone in my sadness.

An excellent book, very helpful. It is for those who feel isolated, abandoned, or simply don't know what is happening to their minds. Even learning you are not alone gives a level of comfort. The question is, then, what's next, how you handle it?

I lived far away from family and relatives, single/bachelor and when my mother passed away in 2010, one of my staff Pharmacists, Meryem Mirkhel, suggested a book, "Motherless Daughters" by Hope Adelman... as many thoughts and feelings swirled thru my head, this book was really helpful, it helps processing many of the feelings, confirming and validating them. Yes, even for a tough guy like me, the book is appropriate and not only for teenage girls who are growing up without a mother because of her passing. Only thing that I would like to add as a cautionary tale (for everyone who is about to lose their mother or will lose their mother at some point) that the next day you will wake up in a different world, it will seem very familiar yet very foreign to you. It's a very disconcerting feeling. The world that you knew will cease to exist and it will be a new world. Be prepared for that strange feeling. Surround yourself with familiar faces, family and friends. That greatly helps and gives a sense of continuity. And definitely FORCE yourself to drink water and stay hydrated, as you will forget and stop functioning like normal on that day and a few days beyond that. If you have a loved one to watch over and guide you during those few initial days, then you are a lucky one and be thankful to Providence for their presence in your hard times. My love to you all!

My mother died when I was 21. This book is helping me understand why I do certain things I do and how to process my grief. It is also helping me let go of feeling guilty or not normal for feeling so, so sad. I recommend this book to anyone who lost their mother when they were young.

Wish I knew about this book years ago, this book has helped me understand the way I was feeling about the lose of my mother in my early 30's.

I actually purchased 3 of these - one for my sister and one for a friend - we all lost our moms just a few months ago -It is helpful reading material - maybe not everything applies to everyone's personal experiences, but that is so with everything in life.

Excellent book and exactly what I expected to assist me with the sudden and recent loss of my beloved young vibrant mother.

An absolute must read for anyone who grew up without a mother or lost their mother early. It helps one to understand the dynamics of present life, all as a result of being motherless. It helped me to understand my attachment to my children and their feelings of not so strong attachment to grandparents because they never had them around. It was a good "therapy" book for me. I will never be without this book on hand.

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