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HOW LOSING A MOTHER
SHAPES THE PARENT
YOU BECOME

Motherless Mothers

AUTHOR OF THE *NEW YORK TIMES*
BESTSELLER *MOTHERLESS DAUGHTERS*

Hope Edelman

Motherless Mothers How Losing A Mother Shapes The Parent You Become

Hope Edelman



Motherless Mothers How Losing A Mother Shapes The Parent You Become:

Motherless Mothers Hope Edelman, 2007-05-08 When Hope Edelman author of the New York Times bestseller *Motherless Daughters* became a parent she found herself revisiting the loss of her mother in ways she had never anticipated Now the mother of two young girls Edelman set out to learn how the loss of a mother to death or abandonment can affect the ways women raise their own children In *Motherless Mothers* Edelman uses her own story as a prism to reveal the unique anxieties and desires that these women experience as they raise their children without the help of a living maternal guide In an impeccably researched luminously written book enriched by the voices of the mothers themselves and filled with practical insight and advice from experienced professionals she examines their parenting choices their triumphs and their fears and offers motherless mothers the guidance and support they want and need **Motherless Mothers** Hope

Edelman, 2006-04-04 When Hope Edelman finished writing *Motherless Daughters* she thought she had said all she could about the long term effects of early mother loss Published in 1994 the book touched a nerve in women across the country and went on to become an enduring New York Times bestseller Edelman who was seventeen when her own mother died told the collective story of mother loss with such candor empathy and informed wisdom that she quickly became a widely recognized expert on the topic But when she became a parent she found herself revisiting her loss in ways she had never anticipated Now the mother of two young girls Edelman set out to learn how the loss of a mother to death or abandonment can affect the ways women raise their own children From her exhaustive investigation including a survey of more than one thousand women comes *Motherless Mothers* the enlightening and inspiring next step in the motherless journey Using her own story as a prism Edelman reveals the unique anxieties and desires these mothers experience as they raise their children without the help of a living maternal guide She examines their parenting choices their unexpected triumphs and their fears from the initial decision to have a child through pregnancy the delivery room and the child rearing years Identifying Eight Themes of *Motherless Mothers* that cut across all racial ethnic and socio economic lines Edelman illuminates how the experience of loss directly impacts the ways in which these women parent their own children Enriched by the voices of the mothers themselves as well as filled with practical insight and advice from experienced professionals this impeccably researched and luminously written book offers motherless mothers the guidance and support they want and need [The Birth of the Modern Mum](#)

Heather Irvine, 2014-06-01 So much of modern motherhood is targeted at looking good even when you feel crap and making your baby look good even though he or she won't settle or feed or stop crying all in the shortest time frame possible The Miranda Kerr and Heidi Klums of the world make it look easy have a baby and get back on the runway 2 minutes later with a flat stomach silky hair and glowing skin What about the mothers who get acne from pregnancy or whose hair turns grey or can't lose their baby belly in 10 seconds flat This book is for them Heather Irvine Clinical Psychologist and head of the R E A D Clinic appropriately balances clinical expertise with common sense mother appeal for mothers struggling in their baby's

first year The Birth of the Modern Mum looks at the serious issues such as Postnatal Depression PND relationship changes and physical changes that mothers face in their first year with a new baby while still providing light hearted quick fixes that any mother can implement in short period of time Heather taps into the realistic image of motherhood leaving behind the doldrums of medical professionally written books The Birth of the Modern Mum is a book that any mother can be proud of It can be placed on the coffee table right next to the Women s Day or Famous magazines without shame should guests drop by Because whilst the book tackles the factors that underlie PND and related cognitive and affective dysfunction no mother wants to have a heavy PND title book sitting around in her lounge room And let s face it once a book is put away on the bookshelf in the life of a busy mum it s unlikely to come out again *Encyclopedia of Motherhood* Andrea

O'Reilly,2010-04-06 In the last decade the topic of motherhood has emerged as a distinct and established field of scholarly inquiry A cursory review of motherhood research reveals that hundreds of scholarly articles have been published on almost every motherhood theme imaginable The Encyclopedia of Motherhood is a collection of approximately 700 articles in a three volume A to Z set exploring major topics related to motherhood from geographical historical and cultural entries to anthropological and psychological contributions In human society few institutions are as important as motherhood and this unique encyclopedia captures the interdisciplinary foundation of the subject in one convenient reference The Encyclopedia is a comprehensive resource designed to provide an understanding of the complexities of motherhood for academic and public libraries and is written by academics and institutional experts in the social and behavioural sciences **Hello Baby!**

Everything new mums need to know about life with baby Heather Irvine,2017-05-15 So much of modern motherhood is targeted at looking good even when you feel crap and making your baby look good even when he or she won t settle or feed or stop crying all in the shortest time possible Hello Baby uncovers all the myths of perfection new mums see on Instagram and provides down to earth no nonsense advice about everything you need to know about your baby s first year With casual style and a hilarious sense of humour Heather Irvine a psychologist and mother who works with new mums every day acts as the friend sitting across from you in a cafe who always understands constantly reassures gives you the best practical pointers and shares her muffin with you Hello Baby is packed full of the latest information on issues that affect modern Australian mums including What a mother needs to know about herself in the first few months How to get your baby sleeping soundly Essential tips to boost your feel good factor De stress techniques like meditation and mindfulness Managing those really dark days Tips for bonding with your baby Coping with mother in laws and post baby friendship fluctuations Getting the zing back into your relationship Returning to work Navigating social media as a new mum [The Fourth Trimester Companion](#)

Cynthia Gabriel,2017-12-26 A well cared for baby is a baby whose mother is taking care of herself With this truth at its core The Fourth Trimester Companion supports your transition to motherhood You have probably already read multiple books on pregnancy childbirth and infant care as you prepare to become a mother but have you considered how you are going to care

for yourself after your baby is born With so much focus on the birthing process and the new baby your own birth as a mother is often overlooked Doctors nurses midwives and others involved in providing baby care agree that your own transition deserves equal attention because taking good care of yourself in the first three months of your new baby's life the fourth trimester brings crucial benefits for you for your baby and for your partner and family With this important book you as well as your partner and other caregivers whether lay or professional now have the resources to have an ideal fourth trimester experience Cynthia Gabriel a doula and the author of the best selling book *Natural Hospital Birth* delivers all the information guidance and encouragement you need as a new mother to take care of your body mind and spirit during the vital months of the fourth trimester so that you feel your best and so your baby has the best possible chance to thrive Find tips strategies and advice for Coping with the physical and emotional challenges in the first days and weeks post partum Sleep challenges and solutions for both you and baby Self care infant care and infant feeding including breastfeeding and going back to work Navigating your changing relationships with your immediate family partner children parents in laws and pets Finding your new postpartum sex life Emotional well being including postpartum depression and PTSD Appreciate the wondrous moments as a new mother and feel less alone with the challenging ones with *The Fourth Trimester Companion* —
 (Hope Edelman), 2022-05-05 154 Wall Street Journal Kirkus Reviews Publishers Weekly Claire Bidwell Smith Cheryl Strayed *Motherless Daughters* Hope Edelman, 1994-05-19 Edelman wrote this book especially for young women whose mothers died at an early age **You Don't Really Know Me** Terri Apter, 2015-05-27 Understand what your teenage daughter really means and learn to use your arguments to strengthen your bond with her Mothers and teenage daughters argue more than any other child parent pair on average every two and a half days These quarrels Terri Apter shows are attempts to negotiate changes in a relationship that is valued by both mothers and daughters A daughter often feels her mother doesn't know or understand her and by fighting hopes to force her mother into a new awareness of who she really is how she has changed and what she is now capable of doing and understanding But mothers often misinterpret their daughter's outbursts as signs of rejection and they may pull back feeling hurt and confused Through case studies and conversations between mothers and daughters Apter shows mothers how to interpret the meanings behind a daughter's angry words and how to emerge from arguments with a new closeness **People**, 2006-03 *Motherless Daughters (20th Anniversary Edition)* Hope Edelman, 2014-04-08 The classic New York Times bestseller that has helped millions of women cope with and heal from the grief of losing their mothers Although a mother's mortality is inevitable no book has discussed the profound lasting and far reaching effects of this loss until *Motherless Daughters* which became an instant classic More than twenty years later it is still the go to book that women of all ages look to for comfort help and understanding when their mother dies Building on interviews with hundreds of mother loss survivors Edelman's personal story of losing her mother and recent research in grief and psychology *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 Why grief really is not a linear passage but an ongoing cyclical journey How the legacy of mother loss shifts with the passage of time

Letters from Motherless Daughters Hope Edelman, 2025-05-01 After a mother's death a daughter embarks on a personal journey of grief and healing Hope Edelman shared her journey in *Motherless Daughters* afterward she received letters from motherless women all over the world who felt compelled to share their own stories of mother loss Comforted by the shared experiences that appeared in the book they wanted to hear more from women like them *Letters from Motherless Daughters* was created to fulfill that request and now in this updated edition Hope compiles letters received over the two decades since the publication of her New York Times bestseller In their own voices these daughters ranging in age from thirteen to seventy eight share their journeys of mourning and regeneration Beginning with the initial period of adjustment and acceptance covering the first years after a mother's death and describing lives shaped by loss more than twenty years later these letters reflect the challenges and triumphs motherless girls and women face over time The words of these brave women illustrate the profound pain astounding strength and personal growth inherent in living through the loss of a mother without ever outliving the need for her

Universalist Union, 1844 *The Ladies' Home Journal* Louisa Knapp, Edward William Bok, 1903

The Video Source Book David J. WEINER, 1990

Without My Mum Leigh Van Der Horst, 2015-01-01 Perhaps the only thing that can impact and shape a woman's life with the same power as her mother's love and guidance is her mother's death In *Without My Mum* Leigh Van Der Horst shares her own honest heartfelt story of losing her beloved mother to cancer in 2008 She invites us on a journey that is at times heartbreaking and others heartwarming yet is ultimately comforting and inspiring With genuine warmth and candor Leigh tells of her transformative passage through devastating grief to rediscover and redefine her own identity *Without My Mum* reveals the sisterhood amongst motherless mothers Featuring stories from mothers around the world *Without My Mum* offers resounding reassurance that no motherless mother is ever alone Leigh Van Der Horst further reaches out to her motherless sisters supported by contributions of motherly wisdom from a collection of encouraging mothers world wide together with a host of inspiring popular personalities such as Jools Oliver Lisa Wilkinson Megan Gale Amanda de Cadenet and Natalie Bassingthwaite The motherless mother's heart needs to know that she can and will move through grief to reclaim a fulfilling grateful and loving life *Without My Mum* addresses this need by providing a definitive source of emotional and practical resources specifically for women dealing with the loss of their mum A wonderful book that captured my heart in the first few paragraphs *Without My Mum* is a moving account of a beautiful close relationship between a mother and her treasured daughter as they are forced to say goodbye Leigh's candid humorous and heartfelt narrative together with a collection of stories and wisdom from others who have walked a similar path are authentic uniting and ultimately inspiring It's a laugh out loud sob a little

uncontrollably kind of book that will resonate with any parent or carer I adored it Jools Oliver *The Beacon*, 1885

A Mother Loss Workbook Diane Hambrook, 1997-10-07 To tell you how to use this workbook would be like giving you instructions on how to grieve Impossible The only thing we know for sure is that no two people will approach this work in the same way If there s one thing you should remember as you begin this process it is this You are not alone With that knowledge you ve already begun to heal from A Mother Loss Workbook Inspired by Hope Edelman s bestselling *Motherless Daughters* authors Diane Hambrook and Gail Eisenberg have created a sensitive m accessible workbook for women suffering the wounds of early mother loss A Mother Loss Workbook is designed to help the motherless daughter tell the story she needs to tell her story Its varied exercises open ended questions writing topics and activities drawn from Hambrook s years of work with motherless daughters provide both careful direction and generous room for self expression This book is a safe place where no one will judge a woman where the work she must do can be done in her own time at her own pace and at any stage of mourning A Mother Loss Workbook is an ideal supplement for personal therapy and support groups but it is an important and perhaps the only tool for women just starting their journey or who are hesitant to go public with their feelings Whether a woman uses it privately or shares it with a group no matter how long its been since her mother died A Mother Loss Workbook will guide her toward fully understanding her loss and taking charge of her future

Without My Mum Leigh Van Der Horst, 2016-05-02 Perhaps the only thing that can impact and shape a woman s life with the same power as her mother s love and guidance is her mother s death In *Without My Mum* Leigh Van Der Horst shares her own honest heartfelt story of losing her beloved mother to cancer in 2008 She invites us on a journey that is at times heartbreaking and others heartwarming yet is ultimately comforting and inspiring With genuine warmth and candor Leigh tells of her transformative passage through devastating grief to rediscover and redefine her own identity *Without My Mum* reveals the sisterhood amongst motherless mothers Featuring stories from mothers around the world *Without My Mum* offers resounding reassurance that no motherless mother is ever alone Leigh Van Der Horst further reaches out to her motherless sisters supported by contributions of motherly wisdom from a collection of encouraging mothers world wide together with a host of inspiring popular personalities such as Jools Oliver Lisa Wilkinson Megan Gale Amanda de Cadenet and Natalie Bassingthwaighte The motherless mother s heart needs to know that she can and will move through grief to reclaim a fulfilling grateful and loving life *Without My Mum* addresses this need by providing a definitive source of emotional and practical resources specifically for women dealing with the loss of their mum A wonderful book that captured my heart in the first few paragraphs *Without My Mum* is a moving account of a beautiful close relationship between a mother and her treasured daughter as they are forced to say goodbye Leigh s candid humorous and heartfelt narrative together with a collection of stories and wisdom from others who have walked a similar path are authentic uniting and ultimately inspiring It s a laugh out loud sob a little uncontrollably kind of book that will resonate with any parent or carer I adored it Jools Oliver

When Parents Die Ozell Juenger, 2021-03-29 We deeply regret your loss. If you have found this book, you are probably going through the most painful and difficult time of your life. Losing a parent or relative is inevitable because no one is immortal. There are irreversible truths that you can only accept even though they are difficult. This book is here to help you overcome your present loss and heal your emotional pain with the true stories of the person who experienced the loss and the psychologist's approach. This book will help you gain some context by learning about the 7 stages of grief, which stage you might be in currently, and get an idea about what you might experience next. Guided exercises will help you work through your grief in a healthy way. Understand how complicated or prolonged grief is common and gain insight into how to try and move on. Understand that it's okay to have confusing or unexpected thoughts and emotions that people react differently to losing a parent and that you are most likely normal in how you're feeling. Feel less isolated in your grief by reading the stories of how other people felt and how they dealt with their loss. This is such a good book for this difficult time; this book would have been a valuable aid to help you understand or anticipate the effects of bereavement.

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