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# Motherless Daughters

THE LEGACY OF LOSS

"A striking insight... a moving and valuable portrait of a neglected subject."  
—*New York Times Book Review*

Hope Edelman

# Motherless Daughters The Legacy Of Loss

**Hope Edelman**



## **Motherless Daughters The Legacy Of Loss:**

**Motherless Daughters** Hope Edelman, 1995 In the tradition of *Passages* and *My Mother My Self* this unique personal and ground breaking New York Times best seller the first of its kind explores the profound pain of mother loss among women and is available here for the first time in paperback When my mother died I knew no woman my age who had experienced mother loss I felt utterly and irrevocably alone In college where new friends knew only as much about me as I was willing to reveal I told few people my mother had died I searched the university library and local bookstores for writings about mother loss In each book I found about mother daughter relationships I quickly flipped ahead to the chapter about a mother's death but discovered they all assumed the reader would be in her forties or fifties when her mother dies I was eighteen excerpt from *Motherless Daughters* Not only for motherless daughters but for all women who want to better understand the mother daughter relationship this beautifully written work inspired an Anna Quindlen column appeared in the New York Times Ingram Barnes and received an extraordinary amount of media attention including a feature on *The Today Show* Hope Edelman lost her mother to breast cancer when she was eighteen Unable to find a book to help her understand and cope with that loss she decided to write her own She posted notices asking motherless women to share their experiences with her and was unprepared for both the number of responses she received and for their emotional intensity Eventually meeting with 92 women and surveying 154 by mail Hope was able to compare how mother loss affects daughters differently depending on their ages their relationships to their mothers their father's attitude and the support or dependency of siblings But more important Hope's book explores what these women share a void in their lives t

*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

**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 AfterGrief** Hope Edelman, 2020 A validating new approach to the long term grieving process that explains why we

feel stuck why that's normal and how shifting our perception of grief can help us grow from the New York Times bestselling author of *Motherless Daughters* This is perhaps one of the most important books about grief ever written It finally dispels the myth that we are all supposed to get over the death of a loved one Claire Bidwell Smith author of *Anxiety The Missing Stage of Grief* Aren't you over it yet Anyone who has experienced a major loss in their past knows this question We've spent years fielding versions of it both explicit and implied from family colleagues acquaintances and friends We recognize the subtle cues the slight eyebrow lift the soft startled Oh That long ago from those who wonder how an event so far in the past can still occupy so much precious mental and emotional real estate Because of the common but false assumption that grief should be time limited too many of us believe we're grieving wrong when sadness suddenly resurges sometimes months or even years after a loss *The AfterGrief* explains that the death of a loved one isn't something most of us get over get past put down or move beyond Grief is not an emotion to pass through on the way to feeling better Instead grief is in constant motion it is tidal easily and often reactivated by memories and sensory events and is re-triggered as we experience life transitions anniversaries and other losses Whether we want it to or not grief gets folded into our developing identities where it informs our thoughts hopes expectations behaviors and fears and we inevitably carry it forward into everything that follows Drawing on her own encounters with the ripple effects of early loss as well as on interviews with dozens of researchers therapists and regular people who've been bereaved New York Times bestselling author Hope Edelman offers profound advice for reassessing loss and adjusting the stories we tell ourselves about its impact on our identities With guidance for reframing a story of loss finding equilibrium within it and even experiencing renewed growth and purpose in its wake she demonstrates that though grief is a lifelong process it doesn't have to be a lifelong struggle

**The Fatherless Daughter Project** Denna Babul RN, Karin Luise, 2016-06-07 This groundbreaking work will give voice to an enormous population of women who are struggling to understand themselves in the face of their fathers' absence Claire Bidwell Smith author of *The Rules of Inheritance* and *After This When* *Motherless Daughters* was published 20 years ago it unleashed a tsunami of healing awareness When Denna Babul and Karin Smithson couldn't find the equivalent book for fatherlessness *The Fatherless Daughter Project* was born The book will set fatherless women on the path to growth and fulfillment by helping them to understand how their loss has impacted their lives A father is supposed to provide a sense of security and stability Losing a father comes with particular costs that vary depending on the way he left and how old a girl was when she lost him Drawing on interviews with over 5000 women who became fatherless due to death divorce neglect and outright abandonment the authors have found that fatherless daughters tend to push their emotions underground These issues in turn become distinct patterns in their relationships as adult women and they often can't figure out why Delivered with compassion and expertise this book allows readers support and understanding they never had when they first needed it and it encourages the conversation to continue

[Greg Freeman](#) Greg Freeman, 2003 A collection of columns from one of St Louis's most beloved

columnists      **Breast Cancer** Julianne S Oktay, J Dianne Garner, 2013-12-16 I will always and forever feel I have a hole in my life where my mother once existed I think when you have to think about the fact you might have to take care of your parents someday and juggle kids at the same time it's a scary proposition We had open communication during and before the breast cancer But then after the breast cancer I was often afraid to bring things up in trying to protect Mom This insightful book tells the stories of women whose mothers had breast cancer It uses their own voices to express the common fears and expectations of daughters in the periods before and during their mothers illnesses involving genetic risks death and dying and changes in their relationships The case studies tables and figures and two appendices will benefit health professionals and counselors while the poignant narratives will help mothers and daughters better understand their experiences with breast cancer I was kind of surprised to be alive and free of cancer at age 42 when at this point my mother was crippled by metastases When I get to be 43 the age at which my mother died or maybe when I get to 44 it's like what do I do I have this life that I didn't expect to have Breast Cancer Daughters Tell Their Stories presents the results of a qualitative grounded theory study of breast cancer survivors providing in depth information about an aspect of breast cancer that has been previously overlooked The book examines the daughters experiences through four phases the period prior to mother's illness the period during mother's illness and treatment the period following mother's death if mother dies and the long term impact From this study recommendations are compiled for providing or improving services for tomorrow's daughters The radical mastectomy left her scarred and disfigured below her nightgown It was bruised and nasty looking That was kind of scary I think that has terrified me since Sometimes I'll have pains in my left breast and that's what I visualize It's terrifying I'm not really obsessed about dying of cancer I'm more along the line of If this is going to happen to me and there's a chance it's going to I'm gonna survive I'm not going to die from it From an empathetic perspective this book reveals how many daughters react to and deal with their mothers diagnoses depending on their age and family situation at the time of their mothers illnesses It shows how daughters can gain a more accurate idea of their level of risk by providing educational materials and developing new strategies for communication It also helps breast cancer survivors see how their illnesses can shape their daughters future outlook offering new inspiration for resolving and preventing family crises      **Archaeologies of an Uncertain Future** Karen McPherson, 2006-12-15 In Archaeologies of an Uncertain Future McPherson explores the memory work alternative historiographies and feminist aesthetics by which women writers revisit the past and reimagine the future Grounded within critical discourses across many disciplines McPherson's analysis engages contemporary discussions about autobiographical genres post modern historiographies memoirs and literary genealogies      **Experiencing Infertility** Debby Peoples, Harriette Rovner Ferguson, 2000 A past president of the RESOLVE support organization for infertile individuals joins a psychotherapist to offer guidance through the coping phases a guide for professionals self help guide and resources First published as What to Expect When You're Experiencing Infertility Annotation copyrighted by Book News Inc

Portland OR     What to Expect When You're Experiencing Infertility Debby Peoples, Harriette Rovner Ferguson, 1998  
Written in a question and answer format this sympathetic and practical book offers practical advice on how to contend with the emotional ups and downs of infertility from learning how to communicate feelings more effectively to coping with the losses of failed treatments or miscarriages     *How To Say It (R) To Girls* Nancy Gruver, 2004-10-05 The expert guide to girl talk *How to Say It r to Girls* provides a wellspring of practical advice for parents on how to broach uncomfortable subjects with girls of all ages or how to simply open the lines of communication This book offers concrete words phrases and sample dialogues to help parents figure out what to say and how best to say it     Living With Grief Kenneth J. Doka, 2014-01-14  
First published in 1996 This book was produced as a companion to the Hospice Foundation of America's third annual teleconference The Foundation begun in 1982 is a nonprofit organization dedicated to providing leadership in the development of hospice and its philosophy of care for terminally ill people The Foundation conducts educational programs related to hospice sponsors research on ethical questions as well as the economics of health care at the end of life and serves as a philanthropic presence within the national hospice community Close to 90 percent of hospices in the United States reach beyond their own patients and families to become in a variety of ways a community resource on grief and bereavement That is part of the hospice mission and an important service which the Hospice Foundation of America encourages and tries to support Our annual teleconference is a major part of our effort and it like all of our projects is largely underwritten by contributions from individuals The Hospice Foundation of America is a member of the Combined Federal Campaign through Health Charities of Americas The Hospice Foundation of America is a member of the Combined Federal Campaign through Health Charities of America     Parental Death Michelle Shreeve, 2018-04-20 According to a recent U S census approximately 2.5 million children under the age of eighteen have experienced the death of a parent Losing a parent at such a young age can have devastating consequences Beyond the grief children and young adults experience they can be at risk for many negative outcomes including depression anxiety and post traumatic stress symptoms as well as diminished self esteem Their academic success and relationships with others can also be adversely affected For these young adults help is not always easy to find In *Parental Death The Ultimate Teen Guide* Michelle Shreeve offers a variety of ways in which young people can cope with this tough experience In addition to outlining the universal difficulties of losing a parent the author also points out the unique dynamics of specific losses sons who lose fathers daughters who lose mothers sons who lose mothers and daughters who lose fathers and what those losses can mean for their future development This book also identifies how the challenges of life without a parent can affect a young adult at different stages Featuring real stories and quotes from teens about their experiences this book shows young adults a variety of views about the death of a parent and provides coping strategies that young people can call upon to help them through this difficulty *Parental Death The Ultimate Teen Guide* serves as a valuable resource for all teens whether they are dealing with tragedy personally or are looking for ways to

console friends or siblings      *Helping Children Cope with the Death of a Parent* Paddy Greenwall Lewis, Jessica G. Lippman, 2004-02-28 The mourning of a parent's death can take many years for some it may take a lifetime The first year of separation however is often the most difficult and heart wrenching The first birthday holiday spring summer autumn and winter spent without the loved one often revives or increases the pain This unique guide is organized according to a timeline of a child's first year of mourning the loss of a parent It is a warm insightful yet practical guide to help the families and community members surrounding a child who has suffered such a loss to anticipate and cope with the many difficulties that arise Practical suggestions for providing comfort information and advice are provided for adults struggling to help children endure the trauma A range of difficult situations that bereaved children encounter are identified helping to prepare adults for a child's potential reactions and providing them with realistic coping strategies Lewis and Lippman child psychologists who have provided therapy to children who have lost a parent suggest answers to questions that these children frequently ask They offer methods for dealing with particularly difficult times such as birthdays and share practical advice for everyday situations and events They begin with helping the child through anticipation of death if it is expected or through the initial shock of unexpected death Poignant vignettes from the therapists experience dealing with young and older children are included      Widowed Parents Unite Jenny Lisk, 2023-10-24 Are you a widowed parent navigating the overwhelming world of raising kids or teens after profound loss You're not alone Dive into heartfelt reflections and invaluable insights from those who truly understand parents who've faced the unexpected sorrow of losing their partners during the prime of their lives When your spouse or partner passes away it can feel like you're the only one in your age group dealing with such immense grief and the challenges of single widowed parenthood But Jenny Lisk founder of the Widowed Parent Institute along with forty eight brave moms and dads from around the globe are here to share their journeys and lessons Widowed Parents Unite 52 Tips to Get Through the First Year from One Widowed Parent to Another is more than a book it's a lifeline Within its pages you'll meet parents who've lost their spouses to unforeseen tragedies from sudden accidents to relentless illnesses Their candid stories will resonate deeply providing both solace and actionable advice Inside Widowed Parents Unite you'll discover Hands on tips and strategies directly from those who've faced similar trials Stories that reassure you you're not on this path alone Bite sized pieces perfect for moments when grief seems all consuming A curated list of resources tailor made for widowed parents Designed especially for the heart rending first year after loss Widowed Parents Unite is your beacon during the storm If the comforting words of fellow grievers presented in short poignant essays sounds like the support you need in these turbulent times then you won't want to miss Jenny Lisk's unique anthology of love loss and resilience Embark on a journey towards healing and understanding Grab your copy of Widowed Parents Unite and find a community waiting to embrace you      A Road Too Short for the Long Journey Quentin P. Kinnison, 2019-02-04 The inevitability of death in our broken world means that grief and mourning are a normal part of the human experience Too often though this normal



journey of grief is cut short by a culture intent on pretending bad things don't really happen In *A Road Too Short for the Long Journey* readers are invited to consider how we might travel this road of mourning with those who grieve and how we might join them as partners in a reorientation of the world experienced through loss **Neverborn** Jackson

Badgenoone, 2018-04-11 Did you ever have a period of time in your life when the whole world crashed in on you Rachael the principal character in this book had such a time an entire year of tragic events piled one upon the other She finds strength and reassurance from the imagined voices of her never born children Her path leads her to write about relentless attacks on her spirit Along the way she seeks solace from reading about others who have experienced similar loss Rachael's family and friends join her on this exploratory journey They consider the written works that influence her life That intellectual exercise morphs into an emotional and spiritual adventure Perhaps the imagined voices are real Readers will decide Mother Outlaws Andrea O'Reilly, 2004-05-13 Feminist scholars of motherhood distinguish between mothering and motherhood and argue that the latter is a patriarchal institution that is oppressive to women Few scholars however have considered how mothering as a female defined and centred experience may be a site of empowerment for women This collection is the first to do so *Mother Outlaws* examines how mothers imagine and implement theories and practices of mothering that are empowering to women Central to this inquiry is the recognition that mothers and children benefit when the mother lives her life and practices mothering from a position of agency authority authenticity and autonomy

## Whispering the Strategies of Language: An Emotional Journey through **Motherless Daughters The Legacy Of Loss**

In a digitally-driven earth wherever displays reign supreme and instant conversation drowns out the subtleties of language, the profound strategies and mental subtleties concealed within words often go unheard. However, nestled within the pages of **Motherless Daughters The Legacy Of Loss** a interesting fictional value pulsating with raw feelings, lies an exceptional quest waiting to be undertaken. Composed by a skilled wordsmith, that marvelous opus invites viewers on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the very fabric of each word. Within the mental depths of this moving evaluation, we can embark upon a honest exploration of the book is core subjects, dissect its captivating writing model, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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