



The Emotionally Absent Mother: How to Recognize and Heal the Invisible Effects of Childhood Emotional Neglect

Jasmin Lee Cori

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The groundbreaking guide to self-healing and getting the love you missed.

Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can't quite put a finger on what's missing from their lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting, harmful effects.

Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering. In this second edition of her pioneering book, with compassion for mother and child alike, she explains:

Possible reasons your mother was distracted or hurtful—and what she was unable to give
The lasting impact of childhood emotional neglect and abuse
How to find the child inside you and fill the “mother gap” through reflections and exercises
How to secure a happier future for yourself (and perhaps for your children)

The Emotionally Absent Mother: How to Recognize and Heal the Invisible Effects of Childhood Emotional Neglect Details

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Karen Butler says

Healing!

There were times when this book was tough to get through because of the strong emotions that are brought to the surface, but it was also comforting to know that others had experienced similar issues with difficult mothers. It is true that children of abusive mothers can be good at parenting despite the bad example they grew up with as I experienced flashbacks of traumatic moments from my own childhood while doing the most basic tasks for my beloved child and vowed never to treat my offspring in such an abusive manner.

Sebastian Gil says

The book is very good with the understanding of how emotionally absent mother can affect you and your entire life. The book however goes too much into the discussion which is neither helpful neither needed in here.

Youngchai says

Helped my understanding of my own relationships tremendously.
