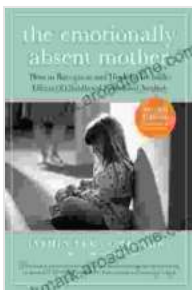


Unveiling the Silent Wounds: The Emotionally Absent Mother

Growing up with an emotionally absent mother can leave deep and lasting scars. The lack of emotional support, validation, and guidance can create a profound sense of loneliness, shame, and unworthiness. The wounds inflicted by an emotionally absent mother often remain hidden, as children may not even realize that their emotional needs are not being met.



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

Neglect by Jasmin Lee Cori

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1410 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 377 pages
Lending	: Enabled



In her groundbreaking book, "The Emotionally Absent Mother," Dr. Jasmin Lee Cori explores the complex and often devastating impact of childhood emotional neglect. She provides a comprehensive guide to understanding the causes, consequences, and healing journey for those who have experienced this form of abuse.

Understanding Emotional Absence

Emotional absence is a form of neglect that occurs when a parent fails to provide their child with the emotional support, validation, and guidance necessary for healthy development. This can manifest in various ways, including:

- Lack of emotional responsiveness
- Invalidating or dismissing a child's feelings
- Failure to provide comfort or encouragement
- Ignoring or minimizing a child's emotional needs
- Emotional distancing or withdrawal

An emotionally absent mother may be physically present but emotionally unavailable. They may be preoccupied with their own problems or have difficulty expressing emotions themselves. This can leave children feeling isolated, alone, and like they are a burden.

The Impact of Emotional Neglect

Emotional neglect has a profound impact on children's development and well-being. It can lead to a range of emotional, psychological, and behavioral problems, including:

- Low self-esteem
- Difficulty regulating emotions
- Anxiety and depression
- Relationship problems

- Substance abuse
- Chronic pain and illness

Children who grow up with emotionally absent mothers may also struggle with attachment issues and difficulty forming close relationships. They may feel unworthy of love and support and have a deep-seated fear of abandonment.

The Healing Journey

Healing from the impact of an emotionally absent mother is a challenging but possible journey. It requires self-awareness, compassion, and a willingness to confront the past. Dr. Cori provides a step-by-step framework for healing, including:

- Recognizing and validating your experiences
- Breaking the cycle of shame and self-blame
- Building a support system
- Learning to self-parent and nurture your inner child
- Forging healthy relationships

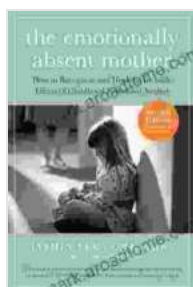
Dr. Cori emphasizes the importance of professional support in the healing journey. Therapy can provide a safe and supportive space to process trauma, develop coping mechanisms, and rebuild emotional resilience.

"The Emotionally Absent Mother" is an essential guide for anyone who has experienced the pain and lasting impact of childhood emotional neglect. Dr. Cori's compassionate and evidence-based approach provides a roadmap

for understanding, healing, and reclaiming a sense of self-worth and emotional well-being.

If you recognize yourself in the experiences described in this book, know that you are not alone. With courage, self-compassion, and support, you can break free from the shackles of the past and create a fulfilling and emotionally healthy future.

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