

My Mother My Mirror Recognizing And Making The Most Of Inherited Self Images

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Nolan Live, Owen Mac My Mother My Teacher My Friend *My Mother My Mirror Recognizing*

In My Mother, My Mirror, an experienced psychotherapist explores how mothers unwittingly pass on their sel. As you were growing up, your mother's self-image likely impacted your own in many conscious and unconscious ways. Perhaps those things your mother disliked about herself-her looks, her lack of confidence, or even her personal failures-came to shape your own self-image.

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experienced psychotherapist explores how mothers unwittingly pass on their self esteem and body image issues to their daughters helps you break the cycle when parenting your

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“In *My Mother, My Mirror*, Laura Arens Fuerstein uses her long experience as an analytic clinician and teacher of psychotherapy to help us recognize and change distortions in our views of ourselves. These distortions are born of distortions in our mothers' views of themselves when we were children.

My Mother, My Mirror / *NewHarbinger.com*

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The mother-in-law wants to rename her granddaughter (Image: Getty Images) "However last year, before the miscarriage, we found out she was a girl so naturally we told everyone her name was Lena.

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