



## **Not Like My Mother: Becoming a sane parent after growing up in a CRAZY family**

*Irene Tomkinson*

[Download now](#)

[Read Online](#) ➔

# Not Like My Mother: Becoming a sane parent after growing up in a CRAZY family

*Irene Tomkinson*

**Not Like My Mother: Becoming a sane parent after growing up in a CRAZY family** Irene Tomkinson

"Not Like My Mother This book is a gift for anyone who has ever said,

"I am NOT going to raise my kids the way I was raised!!"

If you are trying to be the parent you always wanted and didn't get, Irene will teach you why it is more effective that you be the parent your children need – not the one you needed. How to separate what belongs to your history and what belongs in your present life is some of the rich, practical advice you will take away from Not Like My Mother.

In the early distribution of Not Like My Mother readers reported they couldn't put the book down. It reads like a compelling novel with a human and spiritual insight that makes you feel a part of the conversation.

YOU WILL WANT THIS BOOK FOR ALL YOUR FAMILY AND FRIENDS!!!!!"

## Not Like My Mother: Becoming a sane parent after growing up in a CRAZY family Details

Date : Published February 14th 2008 by AuthorHouse (first published February 11th 2008)

ISBN :

Author : Irene Tomkinson

Format : Kindle Edition 161 pages

Genre : Nonfiction, Autobiography, Memoir, Parenting, Self Help, Business, Amazon

 [Download Not Like My Mother: Becoming a sane parent after growing ...pdf](#)

 [Read Online Not Like My Mother: Becoming a sane parent after growi ...pdf](#)

**Download and Read Free Online Not Like My Mother: Becoming a sane parent after growing up in a CRAZY family Irene Tomkinson**

---

# **From Reader Review Not Like My Mother: Becoming a sane parent after growing up in a CRAZY family for online ebook**

## **Anni Taylor says**

This book is worth reading for the personal story of Irene Tomkinson and her family past alone (and how she dealt with it all), but the main purpose is to offer deep insights for the reader - which it does extremely well. Unmet needs in your childhood affect who you are as a person today. Irene finds herself assuming that her daughters' deepest needs are the same as her own, and as parents, we can easily do the same without realising - projecting the child we once were onto our own children.

I had a very different experience with my mother than Irene - looking back at the tragedies of her life, I can't grasp how she kept going and provided the love and all that she did. But in the midst of all the tragedy, myself and siblings all had needs that weren't met (something that was recognised by my mother). I found the book enormously insightful

Some types of reasoning in the book didn't resonate with me, such as teenagers needing to go through a period of narcissism. Though perhaps, we're all narcissist beings as babies - and that desire to have all our needs met remains within us. The book is not about placing blame (on yourself or your parents) but about looking within, looking back, recognising the times (or even years) where you didn't get what you needed, and how you reacted (and how you are repeating the same patterns today).

---

## **Kristen Manuel says**

I did not grow up in a "crazy family" like she talks about in this book, so some of these things did not apply. However, I do enjoy psychology, and periodically find myself pondering the psychology of parenting and why we parent the way we do, as well as how our parenting will affect our children. So, from that standpoint I found this to be an interesting, somewhat thought-provoking read.

---

## **Jahnavi says**

### **Wonderful reality check !**

Food for thought! Lots to think of where we are heading... take a deep breath and look through a new perspective.

---

## **Jamie says**

Easy read!

---

## **Arlena says**

By: Irene Tomkinson  
Published By: Authorhouse  
Age Recommended: Adult  
Rating: 4  
Review:

"Not Like My Mother: Becoming a Sane Parent After Growing Up in a Crazy Family" by Irene Tomkinson was a autobiography... Memoir, a nonfiction that was a insightful read. This 'holistic therapist' Irene Tomkinson really breaks it down to the reader giving us a 'enjoyable read that she "draws upon experiences from her intimate life journey and decades of professional knowledge." You will find from the read this is not only about 'parenting' but also for the "non-parents loaded with heartfelt experiences and nonjudgmental guidance about learning to unconditionally love yourself and others." This was a powerful book in that it will leave you with many new thoughts and be strengthened as well as challenged and definitely encouraged.

I loved this quote: This is so beautifully said....

"We teach what we need to learn. And we teach it until we get it.

I finally got it. Now it is your turn. Go find your own story, claim it, appreciate it, don't deny it, and above all have compassion for it. In the end, what else do we have but our own story with all of its lessons and blessings?"

Now, "Not Like My Mother: Becoming a Sane Parent After Growing Up in a Crazy Family" may not help all but it does have a good self help guide that may be of help to your becoming even a better parent. You get a real lesson in how not to let your issues become your child's issue and even how to even avoid becoming 'defined' by your own past childhood hurts. Would I recommend? YES!

---

## **Michelle says**

The book was entertaining as far as reading about Irene's crazy family life. But also insightful and inspiring as to how she makes you think about your actions and why you do them. Not just being "not like my mother". Just in general, makes you think about...what makes you do the things you do?

---

## **Robin says**

I was blessed to read the manuscript of this book at the author's request... this is a book I have read 3 times (since then) and could read again and again (when I am not loaning it out!) Review is from Amazon.Com:

Amazingly insightful - a MUST read!

Not Like My Mother is an inspirational and candid observation of parenting from accomplished holistic therapist, Irene Tomkinson; workshop leader, motivational speaker, and first-time author. Throughout this thoroughly enjoyable book, Irene draws upon experiences from her intimate life journey and decades of professional knowledge. Her chronicles impart a realistic yet humorous look at both the pitfalls and joys of

parenting. However, this is not just another book about parenting. It is also a book for non-parents loaded with heartfelt experiences and nonjudgmental guidance about learning to unconditionally love yourself and others. Irene is truly an exceptional teacher and her book is a rare gem - so take some time and treat yourself! Everyone has something to learn and grow from in Not Like My Mother. Once you pick it up, you will have a difficult time putting it down; it is simply that good!

---

## **Cheryl says**

Every once in a while I run across a real jewel in among the free books on Amazon. This is one of those books.

To my surprise, I found a deeply thoughtful, at times almost uncomfortably honest look into the inner life of the author. It is a good book for those that tend to learn more from walking beside someone rather than being told what to think/do. This isn't a conventional self-help book, but a lot of lessons can be gained by a thoughtful reader.

At the end, the memoir left me thoughtful and strengthened, challenged yet encouraged. It won't help everyone, no book does, but it helped me and for that, I thank the author.

The ending was great....

We teach what we need to learn. And we teach it until we get it.

I finally got it. Now it is your turn. Go find your own story, claim it, appreciate it, don't deny it, and above all have compassion for it. In the end, what else do we have but our own story with all of its lessons and blessings?

---

## **Sam Bronstein says**

### **Worth the read**

While the cover of this book turned me off and I convinced myself there was too much family background, it was actually a very well written and important book I think all people should read whenever they can get their hands on it.

---

## **Sandra says**

A very quick read - less than 4 hours. Very interesting and lots of good food for thought. Crazy is all relative.

---

## **Marianna says**

### **Interesting Reflection into a Person's Emotional Walls and Understandings**

It took me a really long time to read this book cover to cover. Partially, I think this is because many ideas and concepts in this book are difficult to process and take time to internalize and understand.

"Not Like My Mother", written by Irene Tomkinson is a story about her life and her life's experiences. It's a book that talks about her journey from shameful, poor, and ignorant beginnings to her eventual understanding that each person can only be responsible for his/her own behavior, reactions, and relationships.

In addition to discussing her own life's journey, she sprinkles the entire book with real psycho analysis (she is a psychotherapist and fully qualified to do so). This was really interesting to read about, especially in sections where I could relate and think about as it pertains to my life and experiences.

I do feel that this book was misclassified - it was labeled as a parenting book, but I think it should have been labeled as a biography and self-help book. As a mother of two girls, I found very little practical parenting advice in the book (although it did have some). More realistically, it is a book that I think would be beneficial and helpful to all adults who grew up in an abusive family situation by helping them explore the inner workings of their adult lives and how they relate to their childhood abuses.

I would recommend this book to any adult who wants to take a deeper look into the inner workings of the subconscious mind and how to separate your wronged youthful life from the present adult life you want for yourself.

---

## **Shannee says**

A good book for me to read at the time of reading. 2014.

---

## **Spider the Doof Warrior says**

This was an encouraging short little book I got for free off Amazon. It's worth reading. She questions things such as why does the Catholic church have such screwed up rules? And why don't they help people who are in abusive relationships? Asking someone what they did to be hit is asinine and horrible.

---

## **Whitni says**

This was/is a freebie on Kindle. It was an interesting theory for those of us who have had a crazy upbringing. Ways to keep your past from interfering with your present and your children. The basic premise is that children need what they need, not what we THINK they need, based on our past.

---

**J. A. Lewis says**

I'm not a fan of self-help books. I got this memoir for free so probably didn't read the synopsis of it. It's not that I don't need a ton of self-help (lol), but I just find these types of books so boring and I struggle to stay engaged with them. I came from my own dysfunctional family, passive mother, cruel, physically abusing father. I did come away from this book with some lessons learned but overall probably wouldn't have read it had I known what it was about.

---