



Daughter Detox: Recovering from An Unloving Mother and Reclaiming Your Life

Peg Streep

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From Reader Review Daughter Detox: Recovering from An Unloving Mother and Reclaiming Your Life for online ebook

Diana Lynn, says

Peg Nailed it!!

In this book I have found all of the answers to my confusing crazy life! While the reality exposed is somewhat a jagged pill to swallow, my mind is receptive and open to the possibilities exhibited by the author. Very thought provoking, captivating and interesting theory. I am not even halfway through the read and felt compelled to rate so that some other lost daughter may benefit from this incredible information.

Melissa says

Great book to help you recover from a toxic family.

Really helped me to solidify my decision to never contact my family again. I'll never get any kind of accountability.

Helped explain their confusing illogical behaviors too.

Joellyn Schwerdlin says

Best book ever on this topic!

This book is an indispensable resource in helping unloved daughters to understand the root cause behind the brokenness of the relationship with their mothers, and offers a practical step-by-step plan for healing.

Eva Melchor says

Very helpful

The book is very well structured and has a clear process. It makes reference to studies and what societal expectations are. It provides practical exercises to do but doesn't promise the panacea, work to be done with a therapist. It needs re-reading a few times.

Lee E says

This book is the most comprehensive book on mother/daughter trauma I could hope to find. It hit every chord for me and I think it is an excellent source for change and healing. I would recommend a therapist go

through this with you as it is overwhelming information that can trigger a lot and leave you feeling more alone if you don't engage someone who understands you. I also think baby steps is a must.

Tricia McBride Spaeth says

This is a very helpful book if you, unfortunately, have a very toxic mother and sisters and you are trying to understand why. It is more like a step by step method to begin to love yourself and move forward. I hope that no one else experiences what I have with my mother and that you have a happy, loving relationship. If you do not have a kind relationship with your mother and wonder why, read this book.

Angela Baker says

Necessary

Still a bit overloaded from the read.

I plan to review the journal as well. Better than most on the subject

Travel Writing says

The concept of detoxing from your mean mother was really poignant. The realization that this is a process and it will not end if you go no-contact (NC) or when your mother dies.

The gentle and firm way that these themes were repeated was very helpful and yet there is so much hope here. So many women who have experienced the darkest experiences of being emotionally abandoned and betrayed by their moms and yet made meaning of their lives without that support or adoration of a mom. I am so indebted to these personal stories. Stories that our culture (as a whole) is not keen on hearing.

The lay out of the chapters, how each built in such perfect form on each other and the poignant experiences of other women, who are in various stages and experiences of being un-mothered, swept me along. Some chapters I found myself reading over and over- there was so much amazing information. The last chapter "Engaged Detox" had questions to ponder and questions to journal and I found that especially helpful. I could read this book again, right now, and engage in all new ways with it. It is a book of healing and hope with new gifts in each reading.

The chapter on forgiveness was probably the best I have ever encountered. This chapter was worth buying the whole book for.

One truly thing I appreciated was that this book, unlike Mean Mothers, did not bang on about how having children is THE BEST way to heal, because a) not fucking true and b) that leaves those of us who have not deployed our mommy-selves bereft. This book addresses that being a mom can be one path to healing and also can be a path where you damage your kids just as much because you were damaged- and all the variations in between.

The references are a gold-mine of further reading.

It's what a dismissive mother does not give her daughter that does the most damage. p47

Even high achieving daughters often feel deeply insecure, worthless, or not good enough. A dismissive mother robs a child of her sense of belonging... p47

Perhaps the most dangerous- and psychologically important- lesson the self involved mother imparts is that attention is earned, never given freely, or without condition. p56

Paradoxically, while the daughter feels unloved, she often can't see the ways in which she is wounded.

The relationship I had with my mother was mostly insufferable. p.224
