



Our Mothers, Ourselves: How Understanding Your Mother's Influence Can Set You on a Path to a Better Life

Henry Cloud, John Townsend

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No one has influenced the person you are today like your mother. The way she handled your needs as a child has shaped your worldview, your relationships, your marriage, your career, your self-image—your life. *Our Mothers, Ourselves* can help you identify areas that need reshaping, to make positive choices for personal change, and to establish a mature relationship with Mom today.

Drs. Henry Cloud and John Townsend steer you down a path of discovery and growth beyond the effects of six common mom types:

- The Phantom Mom
- The China Doll Mom
- The Controlling Mom
- The Trophy Mom
- The Still-the-Boss Mom
- The American Express Mom

You'll learn how your mom affected you as a child and may still be affecting you today. And you'll find a realistic and empowering approach to filling your unmet mothering needs in healthy, life-changing ways through other people.

Our Mothers, Ourselves is a biblical route to wholeness and growth, to deeper and more satisfying bonds with your family, friends, and spouse—and to a new, healthier way of relating to your mother today.

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