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SUSAN JEFFERS



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Freeing Ourselves Mad Myths Parenthood

Susan Jeffers



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Freeing Ourselves from the Mad Myths of Parenthood! Susan Jeffers, 2000 Susan Jeffers explodes the modern myths of parenting as no one has ever dared before With humour and compassion she shows how difficult it is to be a parent and reveals the insidious guilt traps set by the child care experts She questions many fashionable myths and half truths that add to a parent s sense of inadequacy and guilt and offers her own survival tools Among the issues she addresses are why parenthood can be a nightmare as well as a joy the difficulties the relationship with your spouse can suffer after a child how drastically life can change with parenthood why mothers should not feel guilty to go back to work how we can have great fulfilment with or without children This is the most liberating book parents will ever read *Another Mother* Shanta Everington, 2023-06-08 *Another Mother* gives voice to women who become mothers through the routes of adoption surrogacy and egg donation and their silent partners the birth mothers surrogate mothers and egg donors who make motherhood possible for them Exploring experiences of motherhood beyond the biological mother raising her child Everington draws on interviews and a range of interdisciplinary approaches to produce illuminating personal testimonies which expand our understanding of what it means to be a mother The life writing narratives also examine the unique and hidden relationships that exist between adopters and birth mothers egg donors and women who become mothers through egg donation and surrogates and women who become mothers through surrogacy Offering a fresh approach to life writing using hybrid form encompassing edited interview re imagined scenes poetry personal essay and quotation collage this topical book is recommended for anyone interested in motherhood studies gender and women s studies life writing studies the sociology of reproduction creative non fiction writing approaches oral history and ethnography studies **A Blessing in Disguise** Andrea Joy Cohen M.D., 2008-01-02 Today s greatest luminaries generously share personal stories about their most challenging experience and provide the healing wisdom that helped them emerge fortified with inner peace strengthened faith and a deeper understanding of life Features pieces by Dean Ornish Rachel Naomi Remen Bernie Siegel Joan Borysenko Harriet Lerner Belleruth Naparstek Stephen Levine Martha Beck Dharma Singh Khalsa Daphne Rose Kingma David Whyte Anne Wilson Schaef And Others **Femina** , 2005 Embracing Uncertainty Susan Jeffers, 2007-04-01 Author of *Feel The Fear And Do It Anyway* From the multi million bestselling author of *Feel the Fear and Do It Anyway* comes a powerful and healing book designed to offer a safety net in a world of never ending change It may be one of the most comforting and life affirming books you will ever read With her invaluable insights and exercises Susan Jeffers gives you the tools you need to deal with all the uncertainty in your life with a sense of peace and possibility You will learn Forty two exercises to help make your life an exciting adventure instead of a continuous worry How to lighten up and put problems into a life affirming perspective The amazing power of the word maybe And much more You will discover that there is a wondrous joyous and abundant life that can exist in the presence of uncertainty The question is What do you need to do to reach this wonderful

state And the answers abound in *Embracing Uncertainty* For Our Own Good Bernie Purcell,2001 In modern Ireland we provide more materially for our children than any previous generation but are children better cared for Half the adult population are now parents with more women than even before working A key issue for them is childcare This book explores the childcare issue in Ireland today Factually stark and provocative this book compels everyone to question their choices regarding childcare *I'm Okay, You're a Brat!* Susan Jeffers,2001-07-13 Details just how difficult parenting can be questioning the myths and half truths that make some parents feel inadequate and offering valuable survival tools

Nothing Changes Until You Do Mike Robbins,2014-05-06 After three years of living his dream as a professional baseball pitcher Mike Robbins had an arm injury that benched him for good and when this happened everything changed He had to figure out who he was without the identity of baseball player a process fraught with emotional highs and lows and he quickly realized that the self criticism and self doubt he was feeling are in fact epidemic in our culture Too often we base our value on our external world our jobs finances appearance or various other factors Even the most successful people struggle with their relationship with themselves In *Nothing Changes Until You Do* Mike looks at this delicate relationship and brings to light a new way to look at life opening your eyes to your innate value These 40 inspiring essays which are real tales from Mike s own life and the lives of his clients boil down some of the most important lessons Mike has learned on his own personal journey and as he s traveled throughout the country for over a decade speaking to groups of all kinds With themes spanning from the importance of trusting yourself to the benefits of vulnerability to the strength inherent in embracing change this book shows you how to get out of your own way and make peace with yourself With humor authenticity and ease Mike illustrates that with a little self compassion and a healthy dose of self acceptance anyone can turn away from the negatives that manifest because of a critical self perception things like unkindness insecurity addictions sabotaged relationships unnecessary drama and more Making peace with yourself is fundamental to happiness and success So join Mike and learn to have more compassion more acceptance and more love for yourself thus giving you access to more compassion more acceptance and more love for the people and everything else in your life **Words on Cassette, 2002** R R Bowker Publishing,2002

The Publishers Weekly ,2001 **The British National Bibliography** Arthur James Wells,2001

Books Out Loud ,2007 Real Moms Elisa Morgan,Carol Kuykendall,2002 The authors show moms how to break down the barriers to being real which leads to self acceptance intimacy in relationships with others and with God **Inner Spark** Kristin Vikjord,2020-09-17 Inner Spark is a book that will help you move through difficult times and remind you of your own greatness Deepak Chopra Kristin Vikjord presents a practical toolkit of exercises to help find regain and nurture your inner spark Drawing on her experiences as a Clinical Psychologist and yoga and mindfulness facilitator Kristin combines these complementary integrative therapies for a book that has the scientific mind of a psychologist and the heart and soul of yoga teacher In Inner Spark Kristin offers practical activities and explains how pathways in the brain work showing how and

crucially why it is important for anyone navigating a difficult time physically or mentally to have a toolkit for reconnection Kristin Vikjord has effectively harnessed the long Scandinavian winters to stoke her own inner spark and created this guide that will help readers embrace the challenges of modern life from burnout to navigating new parenthood Where psychological insight meets day to day wellbeing Stylist **Exposing the Myths of Parenthood** David Jeremiah, Carole C. Carlson, 1988 **Scope and Myths of Roe V. Wade** United States. Congress. House. Committee on the Judiciary. Subcommittee on the Constitution, 2006 **The Myth of the ADHD Child, Revised Edition** Thomas Armstrong, 2017-08-29 A fully revised and updated edition of the groundbreaking book on tackling the root causes of children's attention and behavior problems rather than masking the symptoms with medication More than twenty years after Dr Thomas Armstrong's *Myth of the A.D.D. Child* first published he presents much needed updates and insights in this substantially revised edition When *The Myth of the A.D.D. Child* was first published in 1995 Dr Thomas Armstrong made the controversial argument that many behaviors labeled as ADD or ADHD are simply a child's active response to complex social emotional and educational influences In this fully revised and updated edition Dr Armstrong shows readers how to address the underlying causes of a child's attention and behavior problems in order to help their children implement positive changes in their lives The rate of ADHD diagnosis has increased sharply along with the prescription of medications to treat it Now needed more than ever this book includes fifty one new non drug strategies to help children overcome attention and behavior problems as well as updates to the original fifty proven strategies *Fairy Tales, Myth, and Psychoanalytic Theory* Veronica L. Schanoes, 2016-04-15 At the same time that 1970s feminist psychoanalytic theorists like Jean Baker Miller and Nancy Chodorow were challenging earlier models that assumed the masculine psyche as the norm for human development and mental emotional health writers such as Anne Sexton Olga Broumas and Angela Carter were embarked on their own revisionist project to breathe new life into fairy tales and classical myths based on traditional gender roles Similarly in the 1990s second wave feminist clinicians continued the work begun by Chodorow and Miller while writers of fantasy that include Terry Windling Tanith Lee Terry Pratchett and Catherynne M Valente took their inspiration from revisionist authors of the 1970s As Schanoes shows these two decades were both particularly fruitful eras for artists and psychoanalytic theorists concerned with issues related to the development of women's sense of self Putting aside the limitations of both strains of feminist psychoanalytic theory their influence is undeniable Schanoes's book posits a new model for understanding both feminist psychoanalytic theory and feminist retellings one that emphasizes the interdependence of theory and art and challenges the notion that literary revision involves a masculinist struggle with the writer's artistic forbearers *The Myth of the A.D.D. Child* Thomas Armstrong, 1997-09-01 In this controversial and provocative book Dr Thomas Armstrong confronts America's obsession with Attention Deficit Disorder With more than one million children diagnosed with ADD the condition has gained national attention on talk shows magazine covers and The New York Times bestseller list Dr Armstrong well

known for his writings on parenting and education presents the very real argument that ADD may in fact not exist. He believes that many behaviors labeled as ADD are simply a child's active response to complex social, emotional, and educational influences, and that by tackling the root causes of a child's attention and behavior problems rather than masking the symptoms with medication and behavior modification programs, parents can help their children begin to experience fundamentally positive changes in their lives. This groundbreaking book provides parents and professionals with 50 innovative and proven strategies they can use to help children overcome their attention and behavior problems. His checklist helps parents decide which strategies are most appropriate, and hundreds of resources, including books and organizations, are included. The Myth of the A D D Child offers much needed practical help to both parents and professionals. [Encyclopedia of Motherhood](#) Andrea O'Reilly, 2010-04-06 In the last decade, the topic of motherhood has emerged as a distinct and established field of scholarly inquiry. A cursory review of motherhood research reveals that hundreds of scholarly articles have been published on almost every motherhood theme imaginable. The Encyclopedia of Motherhood is a collection of approximately 700 articles in a three-volume A to Z set exploring major topics related to motherhood, from geographical, historical, and cultural entries to anthropological and psychological contributions. In human society, few institutions are as important as motherhood, and this unique encyclopedia captures the interdisciplinary foundation of the subject in one convenient reference. The Encyclopedia is a comprehensive resource designed to provide an understanding of the complexities of motherhood for academic and public libraries and is written by academics and institutional experts in the social and behavioural sciences.

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