

You're Not Crazy, It's Your Mother: A Guide to Understanding Your Toxic Mother



You're Not Crazy - It's Your Mother: 2nd Edition: Freedom for Daughters of Narcissistic Mothers

by Danu Morrigan

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1012 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 318 pages
Lending	: Enabled



If you're struggling to understand your toxic mother, this book is for you. It will help you identify the signs of a toxic mother, understand the impact she's had on your life, and develop strategies for coping with her.

In this book, you'll learn about:

- The different types of toxic mothers
- The signs and symptoms of a toxic mother
- The impact of a toxic mother on her children
- Strategies for coping with a toxic mother

- How to heal from the wounds of a toxic mother

This book is written by a licensed therapist who has helped hundreds of people heal from the wounds of toxic mothers. It is full of practical advice and support that can help you understand your mother, cope with her, and move on with your life.

Free Download your copy today!

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What people are saying about You're Not Crazy, It's Your Mother:

"This book is a lifesaver. It helped me understand my mother and cope with her toxic behavior. I highly recommend it to anyone who is struggling with a toxic mother." - Our Book Library reviewer

"This book is so well-written and informative. It has helped me so much to understand my mother and her behavior. I am so grateful for this book." - Our Book Library reviewer

"This book is a must-read for anyone who has a toxic mother. It is full of practical advice and support that can help you understand your mother, cope with her, and move on with your life." - Goodreads reviewer



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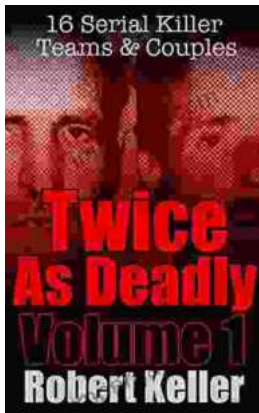
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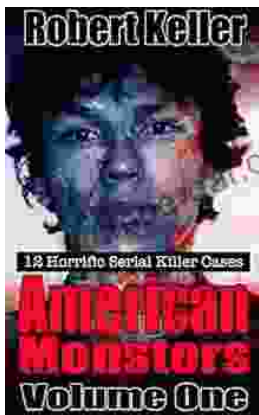
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