



The Emotionally Absent Mother: How to Recognize and Heal the Invisible Effects of Childhood Emotional Neglect

Jasmin Lee Cori MS LPC

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Now in an expanded second edition: the first of its kind—clear advice for “undermothered” adults left feeling empty (and wondering why)

With this groundbreaking book, licensed psychotherapist Jasmin Lee Cori has helped thousands of adults identify and heal a wound many didn't know they had. Adults who were “undermothered” often go on to struggle with relationships—and their own self-worth. For some, their mothers may have been fine on the outside, but not present enough to provide adequate nurturing. For others, their mother may have crossed over to be hurtful or demeaning.

Full of compassion for children and mothers alike, this second edition of *The Emotionally Absent Mother* now addresses:

- Childhood emotional neglect, abuse, and their effects
- Psychological disorders that may have affected one's mother: Why is she shut down? What can't she give her child?
- And how grown children can approach their mothers now.

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