



Will I Ever Be Good Enough?: Healing the Daughters of Narcissistic Mothers

By Karyl McBride

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Will I Ever Be Good Enough?: Healing the Daughters of Narcissistic Mothers By Karyl McBride

The first book specifically for daughters suffering from the emotional abuse of selfish, self-involved mothers, *Will I Ever Be Good Enough?* provides the expert assistance you need in order to overcome this debilitating history and reclaim your life for yourself. Drawing on over two decades of experience as a therapist specializing in women's psychology and health, psychotherapist Dr. Karyl McBride helps you recognize the widespread effects of this maternal emotional abuse and guides you as you create an individualized program for self-protection, resolution, and complete recovery.

An estimated 1.5 million American women have narcissistic personality disorder, which makes them so insecure and overbearing, insensitive and domineering that they can psychologically damage their daughters for life. Daughters of narcissistic mothers learn that maternal love is not unconditional, and that it is given only when they behave in accordance with their mothers' often unreasonable expectations and whims. As adults, these daughters consequently have difficulty overcoming their insecurities and feelings of inadequacy, disappointment, sadness, and emotional emptiness. They may also have a terrible fear of abandonment that leads them to form unhealthy love relationships, as well as a tendency to perfectionism and unrelenting self-criticism, or to self-sabotage and frustration.

Herself the recovering daughter of a narcissistic mother, Dr. McBride includes her personal struggle, which adds a profound level of authority to her work, along with the perspectives of the hundreds of suffering daughters she's interviewed over the years. Their stories of how maternal abuse has manifested in their lives -- as well as how they have successfully overcome its effects -- show you that you're not alone and that you can take back your life and have the control *you* want.

Dr. McBride's step-by-step program will enable you to:

- (1) Recognize your own experience with maternal narcissism and its effects on all aspects of your life

- (2) Discover how you have internalized verbal and nonverbal messages from your mother and how these have translated into a strong desire to overachieve or a tendency to self-sabotage
- (3) Construct a step-by-step program to reclaim your life and enhance your sense of self, a process that includes creating a psychological separation from your mother and breaking the legacy of abuse. You will also learn how not to repeat your mother's mistakes with your own daughter.

Warm and sympathetic, filled with the examples of women who have established healthy boundaries with their hurtful mothers, *Will I Ever Be Good Enough?* encourages and inspires you as it aids your recovery.

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Will I Ever Be Good Enough?: Healing the Daughters of Narcissistic Mothers By Karyl McBride Bibliography

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Editorial Review

From Publishers Weekly

Starred Review. After 26 years of practice, therapist McBride discovered a distressing commonality with her female patients: a narcissistic mother. I had treated scores of women who shared many of the same symptoms.... oversensitivity, indecisiveness, self-consciousness, lack of self-trust, inability to succeed in relationships, lack of confidence... and a general sense of insecurity, McBride writes, and she ties these traits to growing up without a nurturing maternal figure. According to the author, as many as 1.5 million American women have narcissistic personality disorder and can be detected by their self-absorption, inability to empathize and fixation with looks and appearance. McBride presents specific steps toward recovery that daughters of any age can use as they grieve for the love and support they didn't receive, set healthy boundaries with their mothers and access an internal mother as a source of self-comforting. The author provides parenting tips as well as advice on maintaining healthy love relationships and friendships—all of which tend to be weak points of the daughters of narcissistic mothers. An excellent bibliography rounds out this revealing book, which ends on a hopeful and pragmatic note. (Sept.)

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Review

"*Will I Ever Be Good Enough?* is an amazing journey out of pain. Providing true professional guidance and clarity, Dr. Karyl McBride heaps in genuine love and kindness. This book is like having an ideal therapist at your convenience, who really helps you heal self-doubt and self-rejection. Every page is milk and honey to your soul." -- Tama J. Kieves, author of *This Time I Dance! Creating the Work You Love (How One Harvard Lawyer Left It All to Have It All!)*

Review

"*Will I Ever Be Good Enough?* illuminates a very common and unnamed wound -- the wound that results from growing up with a narcissistic mother. In this engaging book, Karyl McBride provides a clear, honest, and effective way to heal this wound and live life fully and joyfully." -- Christiane Northrup, M.D., author of *Mother-Daughter Wisdom, The Wisdom of Menopause, and Women's Bodies, Women's Wisdom*

"Dr. Karyl McBride has convened a fellowship of female voices to describe every flavor of experience with maternal narcissism. However marginalized from the mainstream of mother-daughter relationships you may have felt before this, you are no longer alone on the road to recovery." -- Sandy Hotchkiss, Psy.D., L.C.S.W., author of *Why Is It Always About You?*

"Narcissistic mothers are always there when they need you. They expect to be the center of attention, and they can be cruel if they don't get what they want. Learning how to set boundaries with narcissistic mothers is a complex challenge. Dr. McBride offers a step-by-step approach to understanding narcissism, setting limits on the abuse, and recovering from the psychological damage. This book is a must read for every woman living in the shadow of a domineering, self-focused parent." -- Nanette Gartrell, M.D., author of *My Answer Is NO...If That's Okay with You*

"The long-term destructive consequences that narcissistic parents have for their children are well known. Until now, however, there has been little in the way of helpful advice for those who were raised by these parents. In this insightful new book, Dr. McBride presents a detailed examination of narcissistic mothers and the harmful effects on their daughters. She also offers practical, step-by-step guidance for working through

these issues. This book is a terrific resource for those women raised by narcissistic mothers and looking for strategies for change." -- W. Keith Campbell, Ph.D., author of *When You Love a Man Who Loves Himself*

"*Will I Ever Be Good Enough?* is an amazing journey out of pain. Providing true professional guidance and clarity, Dr. Karyl McBride heaps in genuine love and kindness. This book is like having an ideal therapist at your convenience, who really helps you heal self-doubt and self-rejection. Every page is milk and honey to your soul." -- Tama J. Kieves, author of *This Time I Dance! Creating the Work You Love (How One Harvard Lawyer Left It All to Have It All!)*

Users Review

From reader reviews:

Winston Nakashima:

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