



My Mother, My Mirror: Recognizing and Making the Most of Inherited Self-Images

Laura Fuerstein

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As you were growing up, your mother's self-image likely impacted your own in many conscious and unconscious ways. Perhaps those things your mother disliked about herself-her looks, her lack of confidence, or even her personal failures-came to shape your own self-image.

In **My Mother, My Mirror**, an experienced psychotherapist explores how mothers unwittingly pass on their self-esteem and body image issues to their daughters, helps you break the cycle when parenting your own daughters, and guides you through the process of overcoming the hidden negative messages that keep you from reaching your fullest potential. Without blaming your mother, you will learn to rethink and rebuild your self-image.

A thoughtful and engaging perspective on mother-daughter relationships in all of their complexity.

-Melinda Parisi, Ph.D., psychologist at the University Medical Center at Princeton

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Mitchell Wilder:

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