



You're Not Crazy - It's Your Mother!
Understanding and Healing for Daughters of
Narcissistic Mothers

Danu Morrigan

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Exposing the hidden but devastating condition of narcissistic mother's syndrome.

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From Reader Review You're Not Crazy - It's Your Mother! Understanding and Healing for Daughters of Narcissistic Mothers for online ebook

Samuel says

4-4.5

I love this book so much

I read this in 2 days which is pretty good for someone with concentration problems. It was informative and motivating and just a huge eye opener. It validated me in ways I didn't know I needed, even though my mom isn't a narcissist (and even though I'm a boy) she has many traits. The whole EFT thing or whatever it was wasn't for me though.

One thing I didn't like was that she repeated herself SOMETIMES, not a lot and how often she wrote "more on this in the next chapter" or "more on this on page x", I PERSONALLY don't like that but I do like that she did it so you can skip and jump between chapters very easily and that might be helpful when I'm reading this in the future. Also this would be higher rated if she was a professional, I prefer listening to people with an education AND experience but I don't mind that it was only from experience, I think that gave it its own perks

Karen Butler says

It is a relief to have a name for this behavior!

I have had such a struggle in adult life dealing with my mother. She could go years without talking to me and then only call me when she needed something from me. It was so painful! Especially because the rules for my siblings were so different.

Barbara says

This book changed my life. I see myself in so many places in the writing. For once, I feel understood. I do not feel alone. I finally get it. This is not my fault and I am not crazy. I feel lighter. I feel hope. I am ready to let go and be happy.

Adrienne says

I found this book really interesting and enlightening. I really enjoyed the book until I got to the section entitled EFT Scripts. I just couldn't take the tapping seriously.

Sonnet Fitzgerald says

My therapist diagnosed my mother three years ago. In the time since I have learned everything I could about NPD and recovery. Since we are struggling with a bit of narc rage right now, I thought picking up this book might be helpful and reassuring.

I found it to be a good surface discussion of NPD and how it presents in the mother-daughter relationship. It is clear that that author is not a professional, but what information there is in the book is correct. This would be a good book for anyone who is new to the diagnosis or realization that they have been raised by a narcissist.

Detracting from the information, for me, was the author's extremely heavy reliance on personal anecdotes about her on mother. In some books this works, but in this situation the issues discussed don't actually seem indicative of NPD to me - the author presents these 'shocking' stories of behavior such as telling long stories or asking about her love life. Basically just very normal (if annoying) mom stuff. This lowered her credibility for me to a level where I could not appreciate the rest of the book.

I found 'Will I Ever Be Good Enough' (a book often recommended on the topic) to be much more accurate and reliable, and it presented much more information about the psychology of NPD in the family and resulting symptoms for children. If you are looking for more solid information, exercises, and a guide to recovery, I would suggest that book instead.

Katt Winter says

Good Book

It's a helpful book. It's pretty comprehensive on the subject. I believe EFT should not have been preached but suggested, in the healing section. Tapping is not for everyone, and I think the author would have been better off explaining it as just one method of healing. On the side of the book that talks about Narcissistic Mothers it was well written and comprehensive. It's a good introduction on the idea.

Gina says

A basic intro to mothers with narcissistic personality disorders and the traits you would see in them. No real advice to dealing with them but to cutting them off completely. The author of this book was very geared toward selling her other products and manuals, which I'm not interested in at all. There are other books that I have sampled and going to read with more advice on helping the victims rather than cutting off from the mother and how to heal yourself. 2 stars.

Lisa Ellenbogen says

Could Not Put This Down

Finally, a book that explains it all for the daughters of NPD mothers. As soon as I found this book I read it cover to cover. I felt there was someone out there who could relate to the abuse that I received by my own mother. For 50 years I have felt alone and isolated but the author, who admits she is not a professional, shares her experience, strength and hope so well that I could feel heard for the first time. I have received much help along my journey by daughters of alcoholics, daughters of borderline moms, but while similar, NPD moms stand on their own. My own NPD mother was so clever at "looking" okay on the outside but her

abuse was severe and crazy making behind closed doors. Thank you Danu for your book.

Sherri says

Early on in this book, unfortunately past the sample from Amazon on my Kindle, I had an uncomfortable feeling when the author of the book suggests readers go to a site where they can pay to take an online quiz to determine if a person is "toxic". I kept reading, however, when I decided to do some research about the forums the author runs I discovered some really disturbing accounts. Had it only been one person, I probably wouldn't have been so alarmed by what I'd read.

However, it seems that several women have had very negative experiences with the author, both related to the forum and via personal communication. Her methods for gathering and using the stories of other women has been called into question as well.

Given all of these things, I'm deciding I've read enough and cannot recommend this book to anyone.

I do recommend two other books for daughters of narcissistic mothers:

Mothers Who Can't Love: A Healing Guide for Daughters
by Susan Forward

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

Barb says

The first part of this book describes my mom perfectly (ha, see what I did there?). But as a child, I thought that all mothers were like that. As an adult, I now know that my mom was less than ideal, and that's an understatement. There were some things that were difficult to read because it was totally on base. Very enlightening.

The second part of the book - the how to heal part - was hokey. Having been in therapy for years, to discuss things about my mom and to unlearn a lot of what she said to me growing up (and I still have a ways to go), I recommend therapy. Even if you don't have the money, here in Chicago, anyway, they have therapists who offer a sliding scale.

The EMF (Emotional Something Freedom) - I'm not even sure those are the initials, is what the author emphasizes for treatment, but...she isn't a professional as far as treatment goes. Take it with a grain of salt. Only you can decide what works for you.

Shelby says

Life changing!!

As a daughter of a narcissistic mother this book was a life changer for me!! I recommend it to anyone who suspects or even knows their mother has narcissistic personality disorder.

Erin says

This was recommended for me to read to help understand my mother in law. She has a whole website about her book <http://www.daughtersofnarcissisticmot...>

Samantha says

Wow... I did not know there were other people out there who had this same type of traumatic experience with their mother. It helped so much to learn I am not alone. Danu - you are so courageous and have helped me greatly!! Thank you!!!

Liz Wagstaff Williams says

Finally...after years of therapy, I feel like I'm on the right track

This book has done more for me in one week since I started reading it than the combined years of self work, seeking, and therapy. I'm grateful to the author for this book - feeling like it was written for me, feeling finally validated is such a blessing. Thank you Danu. If you find yourself researching this book because you suspect you need it, honor that impulse and read it asap. You won't be sorry.

Traceylee says

Why

What I liked is so much of this book is true with my mother and it helps me to learn it's not me it's her and will never change you have to except it. It teaches me I am not the one with the problem and I don't have to take it.
