



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

By Dr. Karyl McBride Ph.D.

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

The first book for daughters who have suffered the 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. Drawing on more than two decades of experience as a therapist specializing in women's health and hundreds of interviews with suffering daughters, Dr. Karyl McBride helps you recognize the widespread effects of this emotional abuse and create an individualized program for self-protection, resolution, and complete recovery.

Narcissistic mothers teach their daughters that love is not unconditional, that it is given only when they behave in accordance with maternal expectations and whims. As adults, these daughters have difficulty overcoming feelings of inadequacy, disappointment, emotional emptiness, and sadness. They may also have a fear of abandonment that leads them to form unhealthy romantic relationships, as well as a tendency to perfectionism and unrelenting self-criticism or to self-sabotage and frustration. 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 overachievement or self-sabotage
- (3) Construct a personalized program to take control of your life and enhance your sense of self, establishing healthy boundaries with your mother and breaking the legacy of abuse

Warm and sympathetic, Dr. McBride brings a profound level of authority to *Will I Ever Be Good Enough?* that encourages and inspires you as it aids your recovery.

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Cherie Fidler:

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