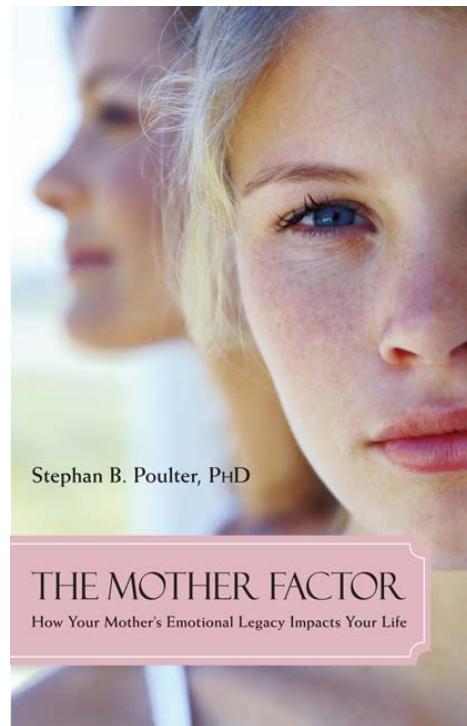


# Your Mother's Emotional Legacy Impacts your life



DANI LEVINE, PhD  
Clinical Psychologist, President of The S.T.E.P. Group  
(School Placement and Educational Placement)

"I thoroughly enjoyed this book....It brilliantly captures the reality that although we are products of our mother's legacy, we are not prisoners. Dr. Poulter not only offers the insight, but also provides the tools to escape the fate of falling into maladaptive patterns. I would recommend this book to the masses, as we are all in relationships today that have been influenced by our mothers."

"This is a **well-written** book, giving us a clear understanding of different mothering styles and guidance on how to make changes that make for better mothering of our children."

Whether we acknowledge it or not, our **mothers leave an indelible impression on the persons we become.** Our ability to function emotionally in relationships **— both personal and professional —** is based on our mothers' deep influence.

In a book full of insights and wisdom based on a career of helping others, acclaimed psychologist Stephan B. Poulter shows how the mother factor can work either *for* or *against* us. The key to allowing this important legacy to work for us, says Dr. Poulter, depends on understanding our mother's pervasive influence on our life. He shows that the way we connect emotionally in adult relationships is based on the "style" of our mothers.

Dr. Poulter defines the five major styles of mothering as:

- ***The Perfectionist Mother***—whose family must look perfect in every way
- ***The Unpredictable Mother***—whose ups and downs can create lifelong anxiety and depression in her son or daughter
- ***The “Me First” Mother***—whose children come second or last
- ***The “Best Friend” Mother***—who’s now in vogue but can wreak havoc
- ***The Complete Mother***—who provides guidance and shows compassion to her child.

Although most mothers are a combination of the above, many fit more into one category than others. Even though as adults, we tend to dismiss our past as the past, we do so at risk to ourselves. Only by understanding how our mother’s legacy affects us today can we transcend the mysterious anger, anxiety, depression, and shame that we feel, and achieve the kind of relationships we deserve.

Comment: Pay attention to the marked punctuation