



The Mother Factor (Paperback)

By Stephan B. Poulter

Prometheus Books, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. 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...

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