



The Mother Factor: How Your Mother's Emotional Legacy Impacts Your Life

Stephan B. Poulter

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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.

Dr. Poulter demonstrates how the internalized "rulebook" we inherit from our mothers is a very powerful force. These unspoken rules govern work, relationships, emotions, separation, and independence. Unless we become aware of the rules that guide our behavior, thoughts, and beliefs, we won't have the ability to make our own choices.

This enlightening book will help readers connect with their past to correct self-defeating behaviors, reach their full emotional potentials, and live happier, more fulfilling lives.

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