



Not Like My Mother : Becoming a Sane Parent After Growing Up in a CRAZY Family

Irene Tomkinson



Not Like My Mother is a bright light on the path to being an effective parent. This book is a gift for anyone who has ever said, I am NOT going to raise my kids the way I was raised!! If you are trying to be the parent you always wanted and didnt get, Irene will teach you why it is more effective that you be the parent your children need - not the one you needed. How to separate what belongs to your history and what belongs in your present life is some of the rich, practical advice you will take away from Not Like My Mother. In the early distribution of Not Like My Mother readers reported they couldnt put the book down. It reads like a compelling novel with a human and spiritual insight that makes you feel a part of the conversation. A successful holistic therapist, Irene is a gifted teacher and communicator. She takes complicated psychological constructs and puts them into language that is easily understood. She weaves her own powerful story of recovery and spiritual unfoldment into her teaching. Find a comfortable chair, let the phone go to voicemail, and give yourself the gift of Not Like My Mother.

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