


# THE SACRIFICIAL MOTHER



Escaping the Trap  
of Self-Denial



Carin Rubenstein, Ph.D.

# Sacrificial Mother Escaping The Trap Of Self Denial

**Carin Rubenstein**



## **Sacrificial Mother Escaping The Trap Of Self Denial:**

**The Sacrificial Mother** Carin Rubenstein, 1998 Mothers are experts in the art of sacrifice What sometimes isn't recognized is that this is a syndrome and it can be hazardous to a woman's health and well being and that of her children Based on research into the lives habits and emotions of hundreds of women this groundbreaking book identifies the sacrifice trap for mothers and shows how to escape it Using examples from women's lives she exposes the toll self denial takes on women and their families Most important The Sacrificial Mother teaches women how to accept and nurture themselves as well as their loved ones Praised as well researched and practical gives the lie to the popular notion that the best mother is the one who has the least left of herself once the child raising is done Dalma Heyn author of Marriage Shock *The Sacrificial Mother* Ph.D. Rubenstein, Carin, 1999-05-05 Social psychologist Rubenstein shows how often women place their own needs last after those of their children and spouses and examines the long lasting negative effects of such self deprivation

**The Mother's Guide to Self-Renewal** Renee Peterson Trudeau, 2008 Nurturing supportive and empowering this year long guide featuring monthly themes inspirational stories and soul searching exercises focuses on enhancing balance and emotional well being in mothers lives

**My Mother Wears Combat Boots** Jessica Mills, 2007 Punk politics and parenting a guide for moms and dads who want it all

Women's Group Therapy Vera Sonja Maass, 2002-06-12 Through the use of group therapy sessions conducted within a cognitive behavioural framework the author explores the cultural social and parental influences on women's lives In depth case studies and transcripts from the sessions illustrate women's actual step by step process in examining issues as motherhood divorce self determination etc The focus is on the individual woman and her situation

The Priority of Love Timothy P. Jackson, 2021-06-08 This book explores the relation between agape or Christian charity and social justice Timothy Jackson defines agape as the central virtue in Christian ethical thought and action and applies his insights to three concrete issues political violence forgiveness and abortion Taking his primary cue from the New Testament while drawing extensively from contemporary theology and philosophy Jackson identifies three features of Christian charity unconditional commitment to the good of others equal regard for others well being and passionate service open to self sacrifice for the sake of others Charity prescribed by Jesus for his disciples and named by Saint Paul as the greatest theological virtue is contrasted with various accounts of justice Jackson argues that agape is not trumped by justice or other goods Rather agape precedes justice without the work of love society would not produce persons capable of merit demerit and contract the elements of most modern conceptions of justice Jackson then considers the implications of his ideas for several questions the nature of God the relation between Christian love and political violence the place of forgiveness and the morality of abortion Arguing that agapic love is to be construed as a gift of grace as well as a divine commandment Jackson concludes that love is the eternal life that makes temporal existence possible and thus the first Christian virtue Though foremost a contribution to Christian ethics Jackson's arguments and the issues he takes up will find a

broader readership      *The Superior Wife Syndrome* Carin Rubenstein,2009-09-08 My husband is in charge of dinner only on Friday night And every single Friday night he calls me and says What do you want me to order for dinner Toni Sound familiar You are not alone This book can help you and your marriage As women have risen in the work world their marriages have been transformed too The wife has become the superior spouse she is responsible for managing every aspect of the family s life from financing the mortgage to picking what the kids wear to school This book is for every wife who wonders why she s in charge of everything while her husband lounges on the couch and watches the game The Superior Wife Syndrome explains how she ended up like this and reveals how she can let go of her superiority and work her way back to marital equality Bringing together personal stories of everyday couples and expert social analysis psychologist Carin Rubenstein provides readers with an intelligent and groundbreaking look into a disturbing marital trend In two out of three marriages women are running the show while men take it easy As a result more and more women are rejecting marriage as a viable social institution The Superior Wife Syndrome provides a look into the heart of modern marriage as it reveals and explores Six signs of superiority from being the multitasker to being the decider Top twenty six topics wives nag their husbands about from A to Z Four types of modern marriage from Captain and Mates to Even Stevens Top ten sex wishes of husbands and wives Twenty one ways to fix a superior wife marriage Filled with personal stories and packed with tips for breaking the pattern The Superior Wife Syndrome gives women the tools they need to step down from their thrones reconnect with their husbands and have happier and healthier marriages      *Working Mother* ,2000-06 The magazine that helps career moms balance their personal and professional lives      *This Way Up* Patti Clark,2025-07-30 International Excellence Body Mind Spirit Book Awards Winner Self help Women spend so much of life nurturing and giving to others that when they find themselves alone because of an empty nest the end of a marriage or the death of a partner they often struggle with feeling purposeless This Way Up Seven Tools for Unleashing Your Creative Self and Transforming Your Life provides a step by step way out of this sense of loss and into a life filled with enthusiasm creativity and joy This story of healing centers on the essential wisdom of introspection and on the importance of following one s dreams Join the protagonist Katya a widow whose two sons have recently left home as she learns seven tools for uncovering her best self visualization heart centered goal setting positive focus meditation on love meditation on forgiveness gratitude and taking action on inspiration Katya s experience highlights these insights in an easily digestible highly relatable format that readers can systematically apply to their own circumstances as they work through This Way Up s twelve weeks worth of day by day journaling exercises thought provoking questions and reader support For any woman who yearns to lead a fuller life but doesn t know how to begin this book is an ideal starting point      *Working Mother* ,2000-09 The magazine that helps career moms balance their personal and professional lives

**The Impact of Parenthood on the Therapeutic Relationship** April E. Fallon,Virginia Brabender,2017-08-04 This volume covers the range of reactions that both patients and clients have to the circumstance of a child entering the therapist

s family Through research the authors show these reactions can be extremely powerful and when fully explored can be used to advance the therapy and the development of the patient Rich clinical illustrations are provided throughout the text In addition the reader is offered many therapeutic strategies for working with patient therapist reactions as they unfold Many practical issues arise in conjunction with this life transition Examples include announcing a pregnancy or an imminent adoption planning parental leave and covering the patient s needs during the hiatus In this second edition therapists who are members of LGBT families and single parent families are described in terms of their special needs challenges and resources This updated edition also contains a new chapter on special problems that can arise during pregnancy      **Working Mother** ,2000-10 The magazine that helps career moms balance their personal and professional lives      *Working Mother* ,2000-11 The magazine that helps career moms balance their personal and professional lives      *Beyond the Mommy Years* Carin Rubenstein,2008-08-14 Full of research based tips and real world wisdom this book is a guide for mothers on how to thrive as they transition to their empty nest years Thirty million mothers between 40 and 60 years old are about to face childless households for the first time in decades For some women it is a lonely and confusing time but for the vast majority it s a journey of joy and discovery Through intensive and wide ranging original research author Carin Rubenstein reveals how and why some mothers thrive and others do not She breaks the post motherhood launch down into three stages grief relief and joy If a woman makes it through to the final stage friendships blossom work thrives and she develops a renewed sense of confidence and well being While in many instances increased time together hastens the end of a struggling marriage most women discover their relationships improve when children leave Beyond the Mommy Years offers fascinating research helpful advice and amusing anecdotes to the millions facing this uncertain but potentially enriching stage of life An encouraging counterargument to the idea that an empty nest leads to an empty life Library Journal Carin Rubenstein PhD nails it Any woman worried about her post car pool life should read this book Sally Koslow mother of two sons in their twenties and author of Little Pink Slips Beyond the Mommy Years bridges the knowledge void felt by so many moms after their children leave for college A thoughtful discussion of the positive changes that lie ahead for mothers after our children are launched While parenting never ends this book provides moms with the tools to live a rich and full life Linda Perlman Gordon Susan Morris Shaffer co authors of Mom Can I Move Back in with You      *Awaiting the therapist's Baby* April E. Fallon, Virginia Brabender,2003-01-30 The passage into and through pregnancy and new parenthood is one that affects all aspects of a therapist s life including work with patients It presents special therapeutic challenges as well as special therapeutic opportunities Drawing on the scattered literature interviews with people who have been in the roles of therapists and expectant parents simultaneously and their own rich experiences the authors consider therapists psychological lives prior to birth or adoption and examine both therapist and patient reactions to the reality of a coming child Whatever the therapist s theoretical orientation the patient therapist relationship undergoes changes and therapists are faced with a

number of important decisions not typically addressed in the psychotherapy literature such as whether and when to inform the patient of what is anticipated. The authors offer practical advice that enables therapists to proceed through a sound clinical decision making process and discuss the ways in which the changes can be harnessed in the service of treatment goals. Multiple modalities are covered including individual, group, family and couples therapy which can be understood from a variety of theoretical perspectives. The needs of patients in different diagnostic categories at different developmental stages are addressed and the relationship between therapist and practice setting is examined. Throughout the authors illuminate their points with vivid real life case vignettes. The issue of impending parenthood arises for male and female practitioners, adopters and biological parents and their supervisors. All those facing it will find this book essential reading as they seek to identify and quell their anxieties and improve their clinical acumen and effectiveness.

**Motherhood Realized** Power of Moms, 2014-04-08 We believe that family life is beautiful and that motherhood is a privilege. But we also believe it is often really hard to see all that beauty when we're in the midst of mothering. So often we feel like we're spread too thin. We feel like we don't match up. Our hearts want to do more than our hands can manage. And every day as we cycle through household duties, discipline, errands, conversations, teaching, and hundreds of unexpecteds, we're often left tired, worried, and in need of some extra inspiration and encouragement. Power of Moms is an online community of deliberate mothers. Since 2007, millions of mothers from all backgrounds who are striving to be the best they can be have gathered to our website to learn and grow together. Time and again our posts receive comments that say something like "I am going to print this out and put it on my nightstand so I can read it again and again." We've been concerned about those nightstands getting all cluttered up with paper. So we've selected dozens of our most popular posts and compiled them neatly into this book just for you. This book isn't just a book. It's a tangible representation of a living, breathing community of mothers. Motherhood is the hardest job we'll ever love, and it's so much better when we're doing it together.

**Mothering with Breastfeeding and Maternal Care** Mizin Park Kawasaki, 2005 As women continue to bear children, all parents should ask the following question: How can a woman fulfill her unique responsibility as mother to her child when prevailing parenting practices deny the importance of breastfeeding and maternal care? Maternal care is now thought to be impractical and a luxury for those who can afford it. Thus many women need to defend their right and responsibility to care for even the youngest of babies. Dr. Kawasaki, a pediatrician and stay-at-home mother of two, asserts in *Mothering with Breastfeeding and Maternal Care* that current attitudes toward mothering have not evolved naturally. Over the course of a century, child-rearing experts, sociologists, and feminists have made systematic efforts to undermine the importance of a woman's role in the home. Dr. Kawasaki offers compelling reasons for parents to think seriously about the unique role women play in their children's lives, particularly in early childhood. She argues that the priceless benefits of breastfeeding and hands-on maternal care help to ensure the optimal growth and development of young babies and children.

*On the Relationship Between Altruism and African-American Women in Contemporary Popular Music*

Dianne Bartlow,2000      Big Purple Mommy Coleen Hubbard,2001      **Soha nem elég? - Hogyan védjük meg a gyerekeinket a teljesítménynyomás mérgező hatásaitól** Jennifer Beheny Wallace,2025-07-08

Túlterhelt gyerekek  
nőbizalomhiány szorongás eltűnése gyerekkorban túlsúlyos barátságok folyamatos megfelelési kényszer és testi-lelki szigorúak a sikeres jövődekben De valóban ez az egyetlen út a sikerhez Hogyan tudunk szelkeni ellenállni a nyomásnak társadalmi elvárások soknak boldog gyereket nevelni egy olyan kultúrában amelyben már az óvodában elkezdődik a versengés és a kényszerhalmozása hogy majd 15 évesen a legjobb egyetemre kerüljön be a gyerek mert győz a sikeres Jennifer Wallace könyvében interjúk személyes történetek és szakemberek tapasztalatai nyomán rajzolódik ki a lehetséges megoldások A szerző megmutatja hogyan lehet túllépni a társadalom által nap mint nap köldött káros zeneteken és gyereket nevelni hogy ellensúlyozzuk a fiatalok névelésére szorongást depresszió és elszigeteltség és megtanítsuk nekik a legfontosabbat azt hogy maguk miatt a teljesítményükkel függetlenül fontosak nekik és a világnak is JENNIFER B WALLACE író győztes anyja a Harvard College elvégzőse utána producerként dolgozott a CBS-n Jelenleg a The Wall Street Journal és a The Washington Post-ban szerkeszt a New York University tanára ahol a teljesítménynyomás kultúrával kapcsolatban tart kurzusokat

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