

Our MOTHERS



Our SELVES

Writers

and Poets

Celebrating

Motherhood

Edited by

Karen J. Dannelly

and

J. B. Bernstein

Our Mothers Our Selves

Billye Sankofa Waters



Our Mothers Our Selves:

Our Mothers, Ourselves Henry Cloud, John Townsend, 2015-08-04 In *Our Mothers Ourselves* Henry Cloud and John Townsend show how understanding how our mothers have profoundly influenced our lives can set us on a path toward wholeness and growth No one has influenced the person you are today like your mother The way she handled your needs as a child has shaped your worldview your relationships your marriage your career your self image your life *Our Mothers Ourselves* can help you identify areas that need reshaping to make positive choices for personal change and to establish a mature relationship with Mom today The Phantom Mom The China Doll Mom The Controlling Mom The Trophy Mom The Still the Boss Mom The American Express Mom You ll learn how your mom affected you as a child and may still be affecting you today *Our Mothers Ourselves* is a biblical realistic and empowering route to wholeness and growth to deeper and more satisfying bonds with your family friends and spouse and to a new healthier way of relating to your mother This book was previously titled *The Mom Factor*

Our Mothers, Our Selves Karen J. Donnelly, J. B. Bernstein, 1996-04-30 Finally we have an inclusive collection that brings motherhood into the fold of feminism As we accede to our universal origins in the mother we witness the infinite variety of experiences awarded the offspring Spectrums of gender race age religion class and nation give voice in Donnelly and Bernstein s anthology as more than 80 writers contribute poetry essays memoirs and short fiction Some of the artists are well known including Maya Angelou Galway Kinnell Marge Piercy Margaret Atwood and Robert Bly while others are less known All attest to the experience of motherhood as primal Writing as mothers as children to their mothers and as close observers women and men create selections that fall into three trimesters of involvement the experiences of going beyond the self beyond reflection and finally beyond the whole The many shades of emotional experience from ecstasy to horror and all points in between are portrayed in words and photographs As images take shape nightmares are relived emotions flow abundantly and details come into focus as the cathartic effect of the writing builds Painting motherhood as much more than just a pretty picture the editors purpose is clearly to bring us all together under a multi faceted umbrella of empathy and to unite us in the diversity of the experience of motherhood

Trusting Ourselves Karen Johnson, 1991 Definitive and comprehensive *Trusting Ourselves* is the only book to cover every aspect of psychology as it applies to women This groundbreaking work will empower its readers to understand and make decisions about their psychological well being and treatment in much the same way *Our Bodies Ourselves* redefined women s health care In a radical reversal of the usual approach to psychological care which assumes that only the professional understands the problem Johnson strongly believes that women and their values perspectives and biases have merit and that most patients understand why they re not happy with their lives Trusting this self knowledge and taking action on one s own behalf provide a foundation for all the information in this book It is time to revise psychotherapy to incorporate a woman s perspective

My Mother/My Self Nancy Friday, 1997-09-08 When Nancy Friday began her research for *My Mother My Self* in the early

1970s no work existed that explored the unique interaction between mother and daughter. Today psychotherapists throughout the world acknowledge that if women are to be able to love without possessing, to find work that fulfills them and to discover their full sexuality, they must first acknowledge their identity as separate from their mother's. Nancy Friday's book played a major role in that acceptance. The greatest gift a good mother can give remains unquestioning love planted deep in the first year of life so deep and anassailable that the tiny child grown to womanhood is never held back by the fear of losing that love no matter what her own choice in love, sexuality or work may be. Through candid self disclosure and hundreds of interviews Friday investigates a generational legacy and reveals the conflicting feelings of anger, hate and love the daughters hold for their mothers and why they so often become that mother themselves.

We Don't Make Ourselves Smaller Here
Megan Jayne Crabbe, 2025-06-26 You deserve to exist as your biggest, unapologetic and most whole self. You always have done. Bestselling author Megan Jayne Crabbe lays bare all the ways we shrink ourselves in today's world and how to break free. From body ideals to bad break ups, sexual shame to toxic productivity, Megan interrogates how cultural and internal narratives diminish us and explores what we can do to ditch social pressures and live life as our fullest and boldest selves. Candid, empowering and insightful, *We Don't Make Ourselves Smaller Here* is a powerful rallying cry for embracing authenticity in all areas of our lives. It is an invitation to revisit the places where parts of us were lost, taken or given away and to reclaim them.

Creating Space for Ourselves as Minoritized and Marginalized Faculty
Claudia García-Louis, Sonja Ardoin, Tricia R. Shalka, Keon M. McGuire, Eugene T. Parker III, 2024-02-13 *Creating Space for Ourselves as Minoritized and Marginalized Faculty* moves away from conventional faculty success books by providing early career faculty with innovative perspectives about successfully navigating the professoriate while humanizing their lived experiences and naming the unspoken. Through the use of interdisciplinary methods such as creative artistic expression, testimonios and personal narratives, chapter authors share experiences learned about surviving, thriving, navigating and succeeding as early career, underrepresented and marginalized faculty. Chapters discuss issues such as navigating workplace hostility, finding community beyond the academy, work-life balance and crafting a scholarly identity while also offering little-known tips about how to survive the professoriate while growing into thriving, minoritized and underrepresented scholars. This book explores personal and institutional factors that are seldom discussed in other career success books, helping faculty as well as institutional leaders understand how we can individually and collectively create systems that invite and recognize humanity while ensuring successful career pathways for marginalized folks with doctoral degrees.

Art & Practice of Spiritual Herbalism
Karen M. Rose, 2022-02-08 Guided by leading Black herbalist Karen Rose, discover how to harness the magic of plants and diasporic ancestral practices in remedies and ritual. Master Herbalist Karen Rose is a first-generation immigrant from Guyana with ancestors from Ghana, the Congo, China and India who continues her grandmother's legacy as a healer and herbalist. In *The Art Practice of Spiritual Herbalism*, she shares her wisdom on how to partner plants and rituals to guide the process of

self healing As you alleviate physical symptoms and heal emotional and spiritual imbalances you will see how plants can help you stand in your power strengthen your intuition and provide protection This guide to harnessing the power of plants is a practical tool for working through the symptoms of body disease and the underlying emotional and spiritual issues Organized by major body systems circulatory respiratory digestive liver sexual skin nervous systems and immune health The Art Practice of Spiritual Herbalism gives a brief overview of the physical mechanisms of the system the spiritual correspondences associated with that system and the plants remedies and rituals that can be used to bring oneself back to healing and balance Accompanied by beautiful color illustrations of the plants the organs they affect and their related spirits or orishas each plant profile includes Botanical and pharmacological information Planetary correspondences Ethnobotanical and historical use Healing properties and indications Methods of preparation and dosage Applying this herbal wisdom the recipes include 4th Chakra Heart Oil for healing a broken heart also helpful for healing generational trauma Inspired Sleep and Dreams Tea to inspire dreams Breathe Easy Steam to improve respiratory health Immunity Chai Tea to fight off cold and flu viruses Laying Hands Stomach and Womb Oil for indigestion and menstrual discomfort A Castor Oil Pack for Liver Health to remove pain and swelling from sprains and bruises Filled with stories ancestral recipes and accessible practices that anyone can use The Art Practice of Spiritual Herbalism shows you how to use the power of plants for spiritual and physical healing

World of Our Mothers Miguel Montiel, Yvonne de la Torre Montiel, 2022-09-20 World of Our Mothers captures the largely forgotten history of courage and heartbreak of forty five women who immigrated to the United States during the era of the 1910 Mexican Revolution The book reveals how these women in the early twentieth century reconciled their lives with their circumstances enduring the violence of the Revolution experiencing forced labor and lost childhoods encountering enganchadores labor contractors and living in barrios mining towns and industrial areas of the Midwest and what they saw as their primary task caring for their families While the women share a historic immigration journey each story provides unique details and circumstances that testify to the diversity of the immigrant experience The oral histories a project more than forty years in the making let these women speak for themselves while historical information is added to support and illuminate the women's voices The book which includes a foreword by Irasema Coronado director of the School of Transborder Studies and Chris Marin professor emeritus both at Arizona State University is divided into four parts Part 1 highlights the salient events of the Revolution part 2 presents an overview of what immigrants inherited upon their arrival to the United States part 3 identifies challenges faced by immigrant families and part 4 focuses on stories by location Arizona mining towns Phoenix barrios and Midwestern colonias all communities that immigrant women helped create The book concludes with ideas on how readers can examine their own family histories Readers are invited to engage with one another to uncover alternative interpretations of the immigrant experience and through the process connect one generation with another

Becoming a Reflexive Researcher - Using Our Selves in Research Kim Etherington, 2004-06-15 In this book Kim

Etherington uses a range of narratives to show the reader how reflexive research works in practice linking this with underpinning philosophies Placing her own journey as a researcher alongside others she suggests that recognising the role of self in research can open up opportunities for creative and personal transformations *Our Fathers, Ourselves* Peggy Drexler, 2011-05-10 There s no denying that a woman s relationship with her father is one of the most important in her life And there s also no getting around how the quality of that relationship good bad or otherwise profoundly affects daughters in a multitude of ways In *Our Fathers Ourselves* research psychologist author and scholar Dr Peggy Drexler examines the ways in which the father daughter bond impacts women and offers helpful advice for creating a better stronger more rewarding relationship Through her extensive research and interviews with women Dr Drexler paints an intimate timely portrait of the modern father daughter relationship Women today are increasingly looking to their dads for a less than traditional bond but one that still stands the test of time and provides support respect and guidance for the lives they lead today *Our Fathers Ourselves* is essential reading for any woman who has ever wondered how she could forge a closer connection with and gain a deeper understanding of her father

We Can Speak for Ourselves Billye Sankofa Waters, 2015-12-17 This work is an intervention of self representation that explores experiences of five Black mothers of the same Chicago elementary school with respect to their relationship with the author a qualitative researcher over a period of two years Black feminist epistemology is the framework that directed this project fieldwork and interpretation of the findings Additionally this work employs tools of poetry counternarratives and critical ethnography Billye Sankofa Waters reiterates the plaintive lament of the mothers of 1970s Boston when they said When we fight about education we re fighting for our lives This story of parents in Chicago is powerful poignant and oh so familiar This is a must read Gloria Ladson Billings Kellner Family Distinguished Chair in Urban Education University of Wisconsin Madison the ways that Black mothers come to know and participate in their children s education *We Can Speak for Ourselves* plumbs Black feminist epistemology and critical theory to create a new model that reimagines the critical terrain of both public and private African American female motherwork It is intersectionally deft in how it attends to both structural issues of inequality and intragroup negotiation of identity This book is bold well researched and an important contribution to the fields of Education Sociology Women s and Gender Studies and Public Policy Michele T Berger University of North Carolina Chapel Hill author of *Workable Sisterhood The Political Journey of Stigmatized Women with HIV AIDS* and co author of *Transforming Scholarship Why Women s and Gender Studies Students Are Changing Themselves and the World* *We Can Speak for Ourselves* is a necessary read for everyone especially Black mothers who are on the front lines of the Black Lives Matter Movement After all the movement at its core is about resisting the anti Black society in which Black mothers are forced to raise their children Sankofa Waters beautifully blends personal writings counternarratives and the voices of five Black mothers to create a book that gives us new language to address the issues impacting Black families and Black survival Through this work Sankofa Waters expertly depicts the

struggles of Black mothers as organic intellectuals deconstructing critiquing and navigating the power structures that oppress their sons daughters and Black communities at large Bettina L Love University of Georgia Board Chair of The Kindezi School in Atlanta Georgia 2016 Nasir Jones Fellow at the W E B Du Bois Research Institute at Harvard University and author of Hip Hop s Li l Sistas Speak Negotiating Hip Hop Identities and Politics in the New South **Self-Mothering** Deborah L. Bernal,2017-07-10 Raising ourselves from cradle to grave is a big job Breaking old habits and challenging our cultivated mindsets is difficult As children we are guided by our parents and teachers but as adults who assists us in our development Who can help us to heal the wounds of our childhoods repair the brokenness of our adulthoods and inspire the next chapters of our new lives While it takes a village to raise a child it takes a council to raise an adult In Self Mothering My Mothers Council author and physiatrist Deborah Lee Bernal introduces an active process to help us find heroes contemporary role models and personal mentors people that we can rely on to help us develop and heal as adults Through this process of self mothering you can choose who motivates you and whom you want to emulate for your own council of mothers this council can guide you to your destiny and Dr Bernal suggests a number of renowned women to follow on this path Maya Angelou the lawyer mother Fa Mulan mother wit the biblical prophetess Deborah the queen mother Mother Teresa doctor mom Harriet Tubman the godmother and many many more The lives of these women speak volumes and can today reveal a path to your own enlightenment You do not have to choose these mothers you can choose the women for your own council of mothers Because through all stages of our lives we need our mothers counsel **Mothers and Daughters** Suzanne Degges-White,Christine Borzumato-Gainey,2014-01-16 In addition to the simple physiological and genetic bond that connects parents to their children there is also a deeply rooted and often conflicting emotional bond that develops between mothers and daughters The culture of motherhood has dramatically re shaped itself over the past few decades as economics and politics have shifted in this nation Single parenting is no longer the cultural taboo it once was perceived to be Daughters and mothers are frequently spending a greater number of years under one roof as both emerging adults face financial challenges in trying to launch from the nest and older adults are living longer and often being cared for by daughters Making sense of these relationships can be challenging and upsetting rewarding and fulfilling all at once Here the authors discuss the roles of mother and daughter and how they have changed and continue to grow and present the stories of women from all walks of life and from different age groups to illustrate what being a mother and being a daughter really means to women in their everyday lives They guide readers to a better understanding of their relationships on a personal level even as they describe the evolving nature of contemporary mother daughter dynamics By providing women with a book that candidly explores the myriad paths and depths to which the mother daughter relationship might wind the authors help readers smooth over the difficulties and power struggles they may be experiencing with their mothers or their daughters or both **Self-Nurture** Alice D. Domar, Henry Dreher,2001-04-01 Everyone knows someone who needs this book Think about how you feel at the end

of a day when you find your first free moment so late in the evening that you're too exhausted to enjoy it. If you've had too many days like this, find the help you need to transform your life in *Self Nurture*. Harvard psychologist Alice D. Domar, Ph.D., shows you how to restructure your life in a way that lets you breathe. Here are inspiring stories, easy-to-follow exercises, and meditations that will shift your focus from self-sacrifice to self-care. Written with wisdom and humor, *Self Nurture* will empower you to develop the same fierce and tender concern for yourself that you've always given to those you love: a gift for anyone who needs to learn the art of self-care. To listen to an interview with Alice Domar, check out www.TalktoTara.com.

We Must Not Think of Ourselves Lauren Grodstein, 2023-11-28 From a New York Times bestselling author, Lauren Grodstein tells a story inspired by a little-known piece of history: the lives of Jewish occupants of the Warsaw Ghetto in World War II. Called a masterpiece and as seen on *The Today Show* with Jenna Pick, Madeline Miller. On a November day in 1940, Adam Paskow becomes a prisoner in the Warsaw Ghetto where the Jews of the city are cut off from their former lives and held captive by Nazi guards to await an uncertain fate. Weeks later, he is approached by a mysterious figure with a surprising request: Would he join a secret group of archivists working to preserve the truth of what is happening inside these walls? Adam agrees and begins taking testimonies from his students, friends, and neighbors. One of the people Adam interviews is his flatmate, Sala Wiskoff, who is stoic, determined, and funny, and married with two children. Over the months of their confinement in the presence of her family, they fall in love. But when Adam discovers a possible escape from the Ghetto, he is faced with an unbearable choice: whom can he save and at what cost? Inspired by the testimony-gathering project with the code name *Oneg Shabbat* and told with immediacy and heart, *We Must Not Think of Ourselves* is a piercing story of love, determination, and sacrifice.

The New Don't Blame Mother Paula Caplan, 2002-06 First Published in 2000, Routledge is an imprint of Taylor & Francis, an informal company.

Opting In Amy Richards, 2008-04-29 For contemporary women, motherhood has become as polarizing a proposition as it is a powerful calling. For some women, this tension is manifest in a debate over whether or not to have children. For others, it concerns whether to stay at home with their children or stay in the workforce. Still others feel abandoned altogether by the supposedly pro-family and pro-mother social justice movement that is feminism and are at a loss when it comes to reconciling their maternal instincts with their political beliefs. With *Opting In*, Amy Richards addresses the anxiety over parenting that women face today in a book that mixes memoir, interviews, historical analysis, and feminist insight. In her refreshingly direct and thoughtful approach, Richards covers everything from the truth about our biological clocks and the trends toward extending fertility to parenting with nature and nurturing in mind to our relationship with our own mothers to what feminism's relationship to motherhood is and always has been. Speaking from the vantage point of someone who is both a parent and one of our leading feminist activists, Richards cuts through the cacophony of voices intent on telling women the appropriate way to be a mother and reveals instead how to confidently forge your own path while staying true to yourself and your ideals.

The Mother-Daughter Project SuEllen Hamkins, Renee Schultz, 2007-04-05 Few things are more

meaningful or more complicated than mother daughter relationships This helpful parenting guide helps moms navigate their relationships with their daughters to create strong ties and a close respectful connection that will last a lifetime SuEllen Hamkins MD and Ren e Schultz MA originally created the Mother Daughter Project with other women in their community in the hopes of strengthening their bonds with their then seven year old girls The group met regularly to speak frankly about such issues as friendships and aggression puberty body image drugs and sexuality The results were amazing confident assertive teenage girls with strong self images and close ties to their moms Equally important the mothers navigated their own concerns about adolescence with integrity and grace From their dedication and efforts arose The Mother Daughter Project an incredibly useful parenting handbook that details the success of the Project s groundbreaking model providing mothers with a road map for staying close with their own daughters through adolescence and beyond **Taming**

Aggression in Your Child Henri Parens, 2011-12-19 Taming Aggression in Your Child How to Avoid Raising Bullies Delinquents or Trouble Makers is a guide to preventing children from developing aggressive behaviors from birth through adolescence Hostile destructive kids become hostile destructive adults and often create serious problems for society and Dr Henri Parens argues that effective parenting can help prevent aggressive behaviors like bullying delinquency and even criminal behavior from developing Parens explains to caregivers and educators what causes aggression to develop in children and how it affects them as they grow differentiates between compliance the goal of effective parenting and obedience an often mis used term signifying an unquestioning yielding to authority and explains how to achieve compliance in children through effective limit setting discipline and punishment He also demonstrates how to help children learn to express hostility in acceptable ways how to handle temper tantrums in growth promoting ways and how to optimize the parent child relationship in order to minimize the development of aggression in children Offering concrete strategies for dealing with aggression Taming Aggression in Your Child is a must read for all parents whether you are frustrated by your toddler s temper tantrums or worry that your older child is bullying siblings or classmates **Our Mothers, Our Powers, Our Texts**

Teresa N. Washington, 2015-12-23 Blazes a new trail in Africana literary criticism by providing an insight into the soul and spirit of Africana womanhood Anthonia Kalu The Ohio State University author of Women Literature and Development in Africa This is the revised and expanded edition of Teresa N Washington s groundbreaking book Our Mothers Our Powers Our Texts Manifestations of Aje in Africana Literature In Yoruba language and culture Aje signifies both a phenomenal spiritual power and the human beings who exercise that power Aje is the birthright of Africana women who are revered as the Gods of Society While Africana men can have Aje its owners and controllers are Africana women Because it is an African female power and due to its invisibility ubiquity and profundity Aje is often maligned as witchcraft However as Teresa N Washington reveals in Our Mothers Our Powers Our Texts Aje is central to the Yoruba ethos worldview and cosmology Not only is it essential to human creation and artistic creativity but as a force of justice and retribution Aje is vital to social harmony and

balance Washington analyzes forms figures and forces of Aje in the Yoruba world in the Caribbean Islands in Latin America and in African America Washington's research reveals that with the exile and enslavement of millions of Africans Aje became a global force and an essential ally in organizing insurrections soothing shattered souls and reminding the dispossessed of their inherent divinity From her in depth exploration of Aje in Pan African history and orature Washington guides readers through rich analyses of the symbolic methodological and spiritual manifestations of Aje that are central to important works by Africana writers but are rarely elucidated by Western criticism Our Mothers Our Powers Our Texts includes innovative readings of works by many Africana writers including Zora Neale Hurston Toni Morrison Ben Okri Wole Soyinka Jamaica Kincaid and Ntozake Shange This revised and expanded edition of Our Mothers Our Powers Our Texts will appeal to scholars of Africana literature African religion and philosophy gender studies and comparative literature Devotees of Africana spiritual systems will find this book to be indispensable

Our Mothers Our Selves Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Our Mothers Our Selves**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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