

THE  
SACRIFICIAL  
MOTHER

Escaping the Trap  
of Self-Denial



Carin Rubenstein, Ph.D.

"Well-researched and practical, Dr. Rubenstein 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. A welcome reminder that such self-sacrifice makes a woman eligible for sainthood, perhaps—but that, as a criterion for motherhood, sainthood is highly overrated."

—Dalma Heyn, author of *Marriage Shock: The Transformation of Women into Wives*

# Sacrificial Mother Escaping The Trap Of Self Denial

**Lei Huang**



## **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 **My Mother Wears Combat Boots** Jessica Mills, 2007 Punk politics and parenting a guide for moms and dads who want it all **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 *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 **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 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     **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  
balance their personal and professional lives

**Working Mother**, 2000-06 The magazine that helps career moms

**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.

**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.

**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 **Working Mother** ,2000-10 The magazine that helps career moms balance their personal and professional lives *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 **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* On the Relationship Between Altruism and African-American Women in

Contemporary Popular Music Dianne Bartlow,2000      *Soha nem elég? - Hogyan védjük meg a gyerekeinket a teljesítménykényszer mérgező hatásaitól* Jennifer Beheny Wallace,2025-07-08 T lterhelt gyerekek nbizalomhi ny szorong s elt n gyerekkor h tt rbe szorul bar ts gok folyamatos megfelelel si k nyszer s t testi t netek szigor an a sikeres j v rdek ben De val ban ez az egyetlen t a sikerhez Hogyan tudunk sz l k nt ellen llni a nyomaszt t rsadalmi elv r soknak s boldog gyereket nevelni egy olyan kult r ban amelyben m r az vod ban elkezd dik a verseng s s a k l n r k halmaz sa hogy majd 15 v m lva a legjobb egyetemre ker lj n be a gyerek mert gy lesz sikeres Jennifer Wallace k nyv ben interj k szem lyes t rt netek s szakemberek tapasztalatai nyom n rajzol dnak ki a lehets ges megold sok A szerz megmutatja hogyan lehet t ll pni a t rsadalom ltal nap mint nap k ld tt k ros zeneteken s gy gyereket nevelni hogy ellens lyozzuk a fiatalok n vekv szorong s t depresszi j t s elszigetelts g t s megtan tsuk nekik a legfontosabbat azt hogy nmaguk miatt a teljes tm ny kt l f ggetlen l fontosak nek nk s a vil gnak is JENNIFER B WALLACE js g r h romgyerekes anya a Harvard College elv gz se ut n producerk nt dolgozott a CBS n l Jelenleg a The Wall Street Journal s a The Washington Post lland szerz je a New York University tan ra ahol a teljes tm nykult r val kapcsolatban tart kurzusokat      **What No One Tells the Mom** Marg Stark,2005 From the author of What No One Tells the Bride comes this collection of coping strategies and advice from real parents and a range of experts that shows mothers how to survive the first five most turbulent years of motherhood

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## **Table of Contents Sacrificial Mother Escaping The Trap Of Self Denial**

1. Understanding the eBook Sacrificial Mother Escaping The Trap Of Self Denial
  - The Rise of Digital Reading Sacrificial Mother Escaping The Trap Of Self Denial
  - Advantages of eBooks Over Traditional Books
2. Identifying Sacrificial Mother Escaping The Trap Of Self Denial
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Sacrificial Mother Escaping The Trap Of Self Denial
  - User-Friendly Interface
4. Exploring eBook Recommendations from Sacrificial Mother Escaping The Trap Of Self Denial
  - Personalized Recommendations
  - Sacrificial Mother Escaping The Trap Of Self Denial User Reviews and Ratings



- Sacrificial Mother Escaping The Trap Of Self Denial and Bestseller Lists
- 5. Accessing Sacrificial Mother Escaping The Trap Of Self Denial Free and Paid eBooks
  - Sacrificial Mother Escaping The Trap Of Self Denial Public Domain eBooks
  - Sacrificial Mother Escaping The Trap Of Self Denial eBook Subscription Services
  - Sacrificial Mother Escaping The Trap Of Self Denial Budget-Friendly Options
- 6. Navigating Sacrificial Mother Escaping The Trap Of Self Denial eBook Formats
  - ePub, PDF, MOBI, and More
  - Sacrificial Mother Escaping The Trap Of Self Denial Compatibility with Devices
  - Sacrificial Mother Escaping The Trap Of Self Denial Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Sacrificial Mother Escaping The Trap Of Self Denial
  - Highlighting and Note-Taking Sacrificial Mother Escaping The Trap Of Self Denial
  - Interactive Elements Sacrificial Mother Escaping The Trap Of Self Denial
- 8. Staying Engaged with Sacrificial Mother Escaping The Trap Of Self Denial
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Sacrificial Mother Escaping The Trap Of Self Denial
- 9. Balancing eBooks and Physical Books Sacrificial Mother Escaping The Trap Of Self Denial
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Sacrificial Mother Escaping The Trap Of Self Denial
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Sacrificial Mother Escaping The Trap Of Self Denial
  - Setting Reading Goals Sacrificial Mother Escaping The Trap Of Self Denial
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sacrificial Mother Escaping The Trap Of Self Denial
  - Fact-Checking eBook Content of Sacrificial Mother Escaping The Trap Of Self Denial
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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