

Lemon Moms: Healing from Narcissistic Mothers

Are you a lemon mom? Do you feel like you're always putting your needs last? Do you feel like you're constantly being criticized and belittled? If so, you may be the victim of narcissistic abuse.



Lemon Moms: Healing from Narcissistic Mothers

by Diane Metcalf

★★★★★ 5 out of 5

Language : English
File size : 11986 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 551 pages
Lending : Enabled



Narcissistic mothers are mothers who are excessively self-centered and lack empathy for their children. They may be charming and charismatic on the outside, but behind closed doors, they can be cruel and manipulative. They may use guilt, shame, and fear to control their children and keep them in line.

Lemon moms are the daughters of narcissistic mothers. They often grow up with low self-esteem and a lack of confidence. They may feel like they're not good enough and that they're always being compared to their siblings

or other children. They may also have difficulty forming healthy relationships and setting boundaries.

If you're a lemon mom, you're not alone. There are millions of women who have been raised by narcissistic mothers. And there is hope. You can break free from the cycle of abuse and start healing.

Lemon Moms: Healing from Narcissistic Mothers is the book that can help you.

This book will teach you:

- The signs and symptoms of narcissistic abuse
- How to set boundaries with a narcissistic mother
- How to build self-esteem and confidence
- How to create healthy relationships
- How to heal from the wounds of narcissistic abuse

If you're ready to start healing, Free Download your copy of Lemon Moms today.

What readers are saying about Lemon Moms:

- "This book is a lifesaver. I finally understand why I've always felt so bad about myself and why I've had such a hard time in relationships. I'm so grateful for this book." - Our Book Library reviewer
- "I highly recommend this book to anyone who has been raised by a narcissistic mother. It's full of helpful information and insights." - Goodreads reviewer

- "This book is a must-read for anyone who wants to understand narcissistic abuse and how to heal from it." - BookBub reviewer

Free Download your copy of Lemon Moms today.

Image Alt Attributes

* **Image of a woman with a lemon on her head:**
** A woman with a lemon on her head is looking at the camera with a sad expression. * **Image of a group of women hugging:**
** A group of women are hugging each other and smiling. * **Image of a woman holding a book:**
** A woman is holding a book with the title "Lemon Moms" on the cover.

SEO Title

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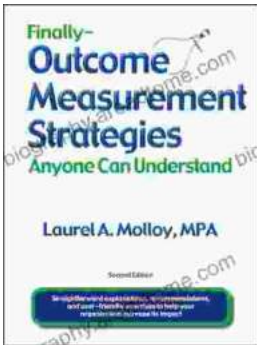
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