

why love matters sue gerhardt

Why Love Matters Sue Gerhardt is a question that resonates deeply within the realms of psychology, personal development, and human connection. Sue Gerhardt, a renowned psychotherapist and author, emphasizes the critical importance of love in shaping our emotional well-being, relationships, and overall life satisfaction. Her work explores how early experiences of love or the lack thereof influence our brain development and future interactions. Understanding why love matters not only helps individuals foster healthier relationships but also illuminates the profound impact that nurturing, affectionate connections have on our mental health and societal harmony. In this article, we will delve into the core reasons why love is fundamental, drawing from Sue Gerhardt's insights and broader psychological research.

The Biological Foundation of Love

Love as a Brain-Builder

Sue Gerhardt highlights that love is not merely an abstract emotion but a vital biological process. During early childhood, loving interactions stimulate the development of critical brain areas responsible for emotional regulation, social skills, and resilience. When infants experience consistent affection and responsiveness from caregivers, their brain's wiring is strengthened, leading to healthier emotional functioning in later life.

- **Oxytocin Release:** Often called the "love hormone," oxytocin is released during affectionate interactions, fostering bonding and trust.
- **Stress Regulation:** Love and physical touch help regulate cortisol levels, reducing stress and anxiety.
- **Neural Connectivity:** Positive early experiences promote the development of neural pathways associated with empathy, compassion, and social understanding.

The Impact of Early Love on Mental Health

Gerhardt emphasizes that neglect or inconsistent caregiving can hinder this brain development, increasing vulnerability to mental health issues such as depression, anxiety, and attachment disorders. Conversely, love provides a foundation for emotional stability and resilience, making it essential for mental wellness throughout life.

Why Love Matters for Personal Development

Building Self-Esteem and Security

One of the fundamental reasons why love matters is its role in fostering self-esteem. When individuals feel loved and accepted, they develop a secure sense of self, which empowers them to navigate life's challenges confidently. Sue Gerhardt notes that unconditional love teaches us that we are valuable simply by virtue of being ourselves.

Developing Empathy and Compassion

Love is a mirror that reflects our capacity for empathy. Through loving relationships, we learn to understand and share others' feelings, building compassion. Gerhardt argues that this emotional skill is crucial for creating a caring society.

Encouraging Growth and Exploration

A loving environment provides the emotional safety needed for individuals to explore their potential. Whether pursuing new careers, hobbies, or personal goals, knowing they are supported fosters resilience and motivation.

The Role of Love in Healthy Relationships

Trust and Security

Love forms the bedrock of trust, which is essential for any lasting relationship. Sue Gerhardt explains that consistent love and responsiveness build a sense of safety, enabling partners to open up and be vulnerable.

Communication and Connection

Love enhances our ability to communicate effectively. Empathy, active listening, and emotional sharing strengthen bonds, making conflicts easier to resolve and intimacy deeper.

Longevity and Satisfaction

Research shows that loving relationships contribute to longer, happier lives. Gerhardt notes that the emotional support derived from love reduces stress-related health issues and promotes overall well-being.

The Societal Importance of Love

Fostering Social Cohesion

On a broader scale, love promotes social cohesion. Communities rooted in mutual care and compassion tend to be more resilient, inclusive, and peaceful.

Breaking Cycles of Neglect and Violence

Gerhardt highlights that understanding how love influences behavior can help break cycles of violence, neglect, and abuse. Educating about the importance of love from early childhood can lead to healthier future generations.

Creating a Compassionate Society

A society that values love and emotional connection is more likely to prioritize mental health, social justice, and collective well-being.

Practical Ways to Cultivate Love in Daily Life

Mindful Presence

Being fully present with loved ones enhances emotional connection. Practice active listening, eye contact, and genuine engagement.

Acts of Kindness

Small gestures—like a kind word, a hug, or a supportive note—can reinforce feelings of love and appreciation.

Self-Love and Self-Compassion

Gerhardt emphasizes that loving oneself is foundational to loving others. Practicing self-care and forgiving oneself fosters emotional health and resilience.

Creating Supportive Environments

Whether at home, work, or community spaces, fostering environments that prioritize kindness, understanding, and support nurtures love.

Conclusion: Why Love Matters in Every Aspect of Life

In sum, Sue Gerhardt's perspective underscores that love is not a mere luxury but a necessity for human development, mental health, and societal harmony. From shaping our brains in infancy to influencing our relationships and communities, love acts as a powerful force that binds us, heals us, and propels us forward. Recognizing why love matters encourages us to nurture it consciously, both within ourselves and in our interactions with others. As we cultivate love through compassion, understanding, and kindness, we lay the groundwork for a healthier, more connected world. Therefore, embracing the importance of love is essential for personal fulfillment and societal progress alike.

Frequently Asked Questions

What are the main themes explored in 'Why Love Matters' by Sue Gerhardt?

The book explores the importance of early emotional development, the impact of nurturing relationships on adult well-being, and how early experiences shape our capacity for love and connection throughout life.

How does Sue Gerhardt explain the connection between childhood experiences and adult relationships in 'Why Love Matters'?

Gerhardt emphasizes that early attachments and emotional interactions influence brain development and emotional health, which in turn affect our ability to form and sustain healthy adult relationships.

Why has 'Why Love Matters' become a trending book among psychologists and parents?

It has gained popularity because it offers evidence-based insights into the importance of early emotional nurturing, helping parents and professionals understand how love and attachment impact long-term well-being.

How does Sue Gerhardt suggest we can improve emotional health in children through love?

Gerhardt advocates for consistent, responsive caregiving and emotional attunement, highlighting that such love fosters secure attachments and healthy brain development in children.

What recent discussions or debates has 'Why Love Matters' sparked regarding childhood development?

The book has contributed to debates on the significance of early emotional care versus solely focusing on cognitive development, emphasizing that love and emotional support are crucial for a child's overall growth.

In what ways does 'Why Love Matters' align with current trends in mental health and child development?

The book aligns with a growing emphasis on attachment theory, emotional intelligence, and the importance of early childhood experiences in promoting mental health and resilience across the lifespan.

Additional Resources

Why Love Matters Sue Gerhardt: An In-Depth Investigation into the Power of Connection

In a world increasingly dominated by technological advances, rapid change, and shifting societal norms, the fundamental importance of love and emotional connection often remains underappreciated. Among contemporary thinkers who have dedicated themselves to exploring this vital aspect of human life is Sue Gerhardt, whose work emphasizes the profound influence love has on our development, mental health, and societal cohesion. This article seeks to delve into the core reasons why love matters, guided by Gerhardt's insights and research, providing a comprehensive understanding of its significance from developmental, psychological, and societal perspectives.

The Foundational Role of Love in Human Development

At the heart of Sue Gerhardt's work lies the assertion that love is not merely an emotion but a critical foundation for healthy human development. Her research underscores that early childhood experiences of love and emotional safety shape the brain's architecture, influencing behaviors, relationships, and mental health throughout life.

Attachment and Brain Development

One of Gerhardt's primary contributions is her emphasis on attachment theory. Secure attachments formed through consistent, loving caregiving foster resilience, trust, and emotional regulation. Conversely, insecure or absent attachment can lead to various psychological challenges.

- Secure Attachment: Promotes confidence, social competence, and emotional stability.
- Insecure Attachment: Associated with anxiety, difficulty forming relationships, and emotional dysregulation.

Her work draws parallels between early experiences and the development of neural pathways, highlighting that love provides the necessary environment for optimal brain growth, especially in the first few years of life.

The Critical Window of Early Love

Gerhardt stresses that the early years are particularly sensitive. During this period:

- The brain is highly plastic and responsive to emotional stimuli.
- Loving interactions influence the development of the prefrontal cortex, responsible for decision-making and impulse control.
- The absence of love or inconsistent caregiving can result in deficits that manifest later as behavioral or emotional difficulties.

This understanding underscores why fostering love and emotional safety in infancy and early childhood is paramount for lifelong well-being.

The Psychological Significance of Love

Beyond biological development, love plays a crucial role in shaping psychological health. Sue Gerhardt's work highlights the ways in which love influences self-esteem, identity, and emotional resilience.

Love as a Foundation for Self-Understanding

Children learn who they are through their interactions with caregivers. Consistent love provides:

- A sense of worth and belonging.
- A framework for understanding their emotions.
- The confidence to explore the world.

Without this foundation, individuals may struggle with self-acceptance and experience internal conflicts that affect their mental health.

Love and Emotional Regulation

Gerhardt emphasizes that loving relationships teach individuals how to regulate emotions. When children experience love, they learn to:

- Identify and express feelings safely.
- Develop empathy for others.
- Cope with stress and adversity.

In contrast, a lack of love or emotional neglect can hinder these skills, leading to anxiety, depression, or difficulties in relationships later in life.

The Societal Implications of Love

While the focus of Gerhardt's research is often on individual development, she also highlights the broader societal importance of love and emotional connection.

Love as a Social Glue

Love fosters empathy, cooperation, and social cohesion. Societies that prioritize compassionate relationships tend to have:

- Lower levels of violence and conflict.
- Stronger community bonds.
- Greater collective resilience.

Gerhardt argues that love is essential for the social fabric, influencing

everything from family stability to national harmony.

Impacts on Public Health and Policy

Understanding the importance of love can inform public policies aimed at:

- Supporting early childhood development through parental leave and parenting programs.
- Promoting mental health services that emphasize emotional connection.
- Creating environments where emotional well-being is prioritized.

Investing in love and emotional safety during childhood can reduce societal costs related to mental illness, crime, and social disintegration.

Why Love Matters: Practical Implications and Challenges

Recognizing the importance of love raises questions about how societies can nurture and sustain it amid modern challenges.

Challenges to Fostering Love in Contemporary Society

- Technological Distractions: Devices and social media can inhibit face-to-face interactions.
- Changing Family Structures: Increasing divorce rates and alternative family arrangements may complicate attachment processes.
- Work-Life Balance: Demanding careers reduce time available for nurturing relationships.

Strategies for Cultivating Love and Connection

To address these challenges, Gerhardt's insights suggest several approaches:

- Prioritize quality time with loved ones.
- Promote parent education on attachment and emotional needs.
- Foster community programs that encourage social bonding.
- Encourage workplaces to recognize the importance of work-life balance.

The Role of Education and Society

Educational systems can integrate emotional literacy curricula, teaching children and adults the value of empathy, compassion, and relationship skills. Societal acknowledgment of love's importance can shift cultural norms toward more nurturing, connected communities.

Conclusion: Why Love Matters in a Changing World

Sue Gerhardt's exploration of why love matters reveals its fundamental role in shaping healthy individuals and cohesive societies. From early brain development to societal stability, love acts as a vital force that underpins human flourishing.

In an era marked by rapid change and technological proliferation, maintaining a focus on love and emotional connection is more critical than ever. It requires conscious effort, societal support, and cultural shifts to ensure that love remains a central value. Recognizing its importance can lead to healthier individuals, stronger communities, and a more compassionate world.

As Gerhardt eloquently emphasizes, investing in love is not just a personal choice but a societal imperative—one that holds the potential to transform lives and civilizations for generations to come.

[Why Love Matters Sue Gerhardt](#)

why love matters sue gerhardt: Why Love Matters Sue Gerhardt, 2004-06-24 **Why Love Matters** explains why love is essential to brain development in the early years of life, particularly to the development of our social and emotional brain systems, and presents the startling discoveries that provide the answers to how our emotional lives work. Sue Gerhardt considers how the earliest relationship shapes the baby's nervous system, with lasting consequences, and how our adult life is influenced by infancy despite our inability to remember babyhood. She shows how the development of the brain can affect future emotional well being, and goes on to look at specific early 'pathways' that can affect the way we respond to stress and lead to conditions such as anorexia, addiction, and anti-social behaviour. **Why Love Matters** is a lively and very accessible interpretation of the latest findings in neuroscience, psychology, psychoanalysis and biochemistry. It will be invaluable to psychotherapists and psychoanalysts, mental health professionals, parents and all those concerned with the central importance of brain development in relation to many later adult difficulties.

why love matters sue gerhardt: Why Love Matters Sue Gerhardt, 2014-10-24 **Why Love Matters** explains why loving relationships are essential to brain development in the early years, and how these early interactions can have lasting consequences for future emotional and physical health. This second edition follows on from the success of the first, updating the scientific research, covering recent findings in genetics and the mind/body connection, and including a new chapter highlighting our growing understanding of the part also played by pregnancy in shaping a baby's future emotional and physical well-being. The author focuses in particular on the wide-ranging effects of early stress on a baby or toddler's developing nervous system. When things go wrong with relationships in early life, the dependent child has to adapt; what we now know is that his or her brain adapts too. The brain's emotion and immune systems are particularly affected by early stress and can become less effective. This makes the child more vulnerable to a range of later difficulties such as depression, anti-social behaviour, addictions or anorexia, as well as physical illness.

why love matters sue gerhardt: A Joosr Guide to ... Why Love Matters by Sue Gerhardt Bokish Ltd, 2015 In today's fast-paced world, it's tough to find the time to read. But with Joosr guides, you can get the key insights from bestselling non-fiction titles in less than 20 minutes. Whether you want to gain knowledge on the go or find the books you'll love, Joosr's brief and accessible eBook summaries fit into your life. Find out more at joosr.com. The love of a parent is

more important to a young child's development than you think. Discover why a child's earliest exposure to emotions can lead to physical problems, emotional issues, and even criminal tendencies! It's a commonly-held belief.

why love matters sue gerhardt: *Love Matters For Psychic Transformation* Maja Reinau, 2016-02-16 *Love Matters for Psychic Transformation* is woven by a profound respect and love for the soul and the transformative powers of the Body Psyche. It is an exploration of the embodied psychic transformation in the specific context of the BodySoul Rhythms® work (BSR) developed by Ann Skinner, Mary Hamilton, and Marion Woodman. In describing the BSR work, interviewing six women about their experiences, and linking the BSR approach with the new neuroscience, developmental psychology, change in therapy, attachment theory, and relational trauma, Dr. Reinau brings to light all that the BSR approach has to offer. It is with relief and pleasure that I write this endorsement. Relief comes because someone with clarity, accuracy, and care has outlined the “consonants” of the work of BSR. Pleasure because the “vowels” of the work have been explored in an authentic voice from an open heart, with a keen intelligence, and from several well-studied points of view. Once again Maja Reinau has put on her diving costume, gone down, and this time surfaced with the pearl: *Love Matters in Psychic Transformation*. Thank you Maja. –Ann Skinner, co-creator of Body Soul Rhythms *Love Matters For Psychic Transformation* is a gift to the many women who have benefited from the BSR-work. Dr. Reinau is able to delve deeply into the methodology of BodySoul work without destroying the mystery. It is a treasure of information for those who seek this way of transformation in their lives. The interviews deepen the mystery as well as the understanding of the work. Dr. Reinau’s ability to link BodySoul experience to early developmental theories and to neuroscience provides the path to her conclusion that it is all about love. A conclusion with which I am sure Marion Woodman would agree. Everyone who seriously considers understanding BodySoul work should read *Love Matters for Psychic Transformation*. –Patricia C. Patrick, M.A., M.D., Child Adolescent and Adults Psychiatrist, The Marion Woodman BodySoul Rhythms Leadership Training Board Member, Marion Woodman Foundation, Teaching Member Sand Play Therapist Association

why love matters sue gerhardt: *How Children Learn - Book 3* Linda Pound, 2017-02-21 This book summarises the ideas of educational theorists and psychologists of the last 60 years, from Elinor Goldschmied to Tina Bruce. It also looks at the important contemporary issues in early years education, from whether boys and girls learn differently to the role of the community in the early years setting.

why love matters sue gerhardt: *Quarterly Essay 29 Love and Money* Anne Manne, 2008-03-01 In *Love and Money*, Anne Manne looks at the religion of work – its high priests and sacrificial lambs. As family life and motherhood feel the pressure of the market, she asks whether the chief beneficiaries are self-interested employers and child-care corporations. This is an essay that ranges widely and entertainingly across contemporary culture: it casts an inquisitive eye over the modern marriage of Kevin Rudd and Therese Rein, and considers the time-bind and the shadow economy of care. Most fundamentally, it is an essay about pressure: the pressure to balance care for others and the world of work. Manne argues that devaluing motherhood – still central to so many women's lives – has done feminism few favours. For women on the frontline of the work-centred society, it has made for hard choices. Eloquently and persuasively, Manne tells what happened when feminism adapted itself to the free market and argues that any true definition of equality has to take into account dependency and care for others. ‘It is falling fertility ... above all else, which gives women a political bargaining chip of a new and powerful kind. Policy makers, formerly deaf to mothers' needs, will have no choice but to listen.’ —Anne Manne, *Love and Money* ‘Anne Manne shows a depth and range of analysis that is rare in social-science writing today. Her arguments go behind the child-care debate, behind the work and family tension that is now in the foreground of most Australians' daily lives, to ask the really big questions.’ —Steve Biddulph ‘In *Love and Money* Anne Manne calls on us to imagine a radically different model of social and political life, one that centres around care rather than on gendered notions of the autonomous, unencumbered individual.’ —Julie Stephens Anne Manne is an Australian journalist and social philosopher who has written widely on feminism,

motherhood, childcare, family policy, fertility and related issues. She is a regular contributor to the Age and the Monthly. Her books include Quarterly Essay 29 Love and Money: The Family and the Free Market, The Life of I: the New Culture of Narcissism, and, Motherhood: How Should We Care for Our Children? - which was shortlisted for the 2006 Walkley non-fiction prize.

why love matters sue gerhardt: The Food of Love Kate Evans, 2014-10-29 Fresh and funny, this perfect gift for new mothers is a refreshingly different guide to breastfeeding. Packed with hilarious and stylish graphi, it will entertain the rest of us too: partners, friends and anyone who has ever wondered how it all works. A perennial favourite with breastfeeding counsellors and those working with new mothers, The Food of Love has the support of the professionals as well as of Kate's many fans.

why love matters sue gerhardt: All About Love: Anatomy of an Unruly Emotion Lisa Appignanesi, 2011-07-18 An intimate and illuminating look at how love shapes our culture and our lives. Unruly, unpredictable—love is a maddening deity. In this insightful and eloquent meditation on that many-splendored thing, Lisa Appignanesi draws together psychology, literature, popular culture, and her own experiences in order to tangle with love's paradoxes across the span of our lives. Beginning with the rose-tinted raptures of first love, she proceeds to love in marriage, triangulated love, jealousy and adultery, love in the family, and friendship. By illuminating the expectations, the joys and difficulties, and the cultural undercurrents that accompany each stage, Appignanesi raises provocative questions about love in the twenty-first century: Has the unbinding of obstacles to love emptied it of meaning? Do our desires for variety and experimentation result in increased anxiety? What gains and losses have come from greater openness and equality and the burgeoning sphere of virtual fantasy? As rewarding as it is captivating, All about Love will leave you a little wiser about the emotion that rules our lives.

why love matters sue gerhardt: Dying, Death and Grief Brenda Mallon, 2008-07-21 This book's strengths are [Brenda Mallon's] clinical wisdom, experience and insights, and the practical, constructive, down-to-earth way in which she conveys these to her readers. This will appeal to many who are searching for guidance in the difficult task of providing support for the bereaved - Bereavement Care, Spring 2010 'This is a well written book that makes a very useful addition to the field - Therapy Today, February 2009 'A refreshing, down-to-earth text that examines theory and research without becoming an academic tome. It is comprehensive, focused on practice and contains important insights for developing the essential skills required to provide effective bereavement care' - Dr John Costello, Head of Primary Care, University of Manchester 'Brenda Mallon gives the term grief counselling definition in a way no one has done before. If you are new to counselling the bereaved, this book is the best introduction I have seen. If you are an experienced grief counsellor, this should be the next book you read' - Professor Dennis Klass, Webster University, Dying, Death and Grief is written for anyone who provides support to adults following bereavement. Whether in a professional or voluntary capacity, bereavement care requires empathy, judgement and skill to ensure your response matches the needs of the person you are helping. Recognizing that we all experience bereavement differently, this book introduces theory and skills which can be used in any context to address a wide range of needs. The author explains the theoretical background to attachment and loss and the core skills needed to support people who have been bereaved. Case studies and personal accounts illustrate key points and exercises help you examine your own experiences and attitudes in relation to loss. The book also takes into account topics frequently overlooked in other texts, such as sexuality, spiritual responses to loss, cultural influences and diversity, as well as the nature of chronic and disenfranchised grief. Dying, Death and Grief is designed for use on a wide range of training and academic courses that prepare practitioners to work with the bereaved. Professionals in a range of settings including hospitals and in the community as well as volunteers and be-frienders in hospices and nursing homes will find this a useful source of guidance. Brenda Mallon is a counsellor, trainer and author who specialises in bereavement care. She is vice chair of The Grief Centre, Manchester Area Bereavement Forum.

why love matters sue gerhardt: Policy Issues in the Early Years Linda Miller, Denise Hevey,

2012-03-05 Providing a unique and critical insight into some of the most significant issues affecting early years education, this book draws on current research, addresses key debates, and considers international perspectives. Topics covered include: policy making; poverty, disadvantage and social exclusion; promoting infant mental health; safeguarding and well-being; enhancing children's potential; parenting policies and skills; and national strategies versus professional autonomy.

why love matters sue gerhardt: Loveability Robert Holden, Ph.D., 2014-06-02 Love is your destiny. It is the purpose of your life. It is the key to your happiness and to the evolution of the world. Loveability is a meditation on love. It addresses the most important thing you will ever learn. All the happiness, health, and abundance you experience in life comes from your ability to love and be loved. This ability is innate, not acquired. Robert Holden is the creator of a unique program on love called Loveability, which he teaches worldwide. He has helped thousands of people to transform their experience of love. Love is the real work of your life, says Robert. As you release the blocks to love you flourish even more in your relationships, work, and life. In Loveability, Robert weaves a beautiful mix of timeless principles and helpful practices about the nature of true love. With great intimacy and warmth, he shares stories, conversations, meditations, and poetry that have inspired him in his personal inquiry on love. Key themes include: • Your destiny is not just to find love; it is to be the most loving person you can be. • Self-love is how you are meant to feel about yourself. It is the key to loving others. • When you think something is missing in a relationship, it is probably you. • Forgiveness helps you to see that love has never hurt you; it is only your misperceptions of love that hurt. • The greatest influence you can have in any situation is to be the presence of love.

why love matters sue gerhardt: The Secrets of Happiness Lois Blyth, 2015-03-07 Swap worry and anxiety for joy and contentment and choose to live in a happier way. Happiness is like a riddle. The more we want it and the more we seek it, the more elusive it becomes. And yet, when we are least conscious of looking for it, it can envelop us in a warm sense of contentment and belonging, making a single moment precious and valuable beyond measure. A feeling of happiness has the power to light up our whole being. Scientists will tell us that it has the power to heal and to extend life. It is the ingredient we all seek to make our lives complete. Like the air we breathe, we are not conscious that we need it, until it disappears. Happiness makes us feel glad to be alive. The Secrets of Happiness offers you a more joyous approach to living and thinking; a shift in approach that may reframe your view of the world; simple things you can do to re-consider your life - consciously - so that you can decide whether now is the time when you can be happier. It includes strategies to warm the heart and open the mind to the extraordinary power of happiness. It shares the experiences of others and provides the closest we might have to a happiness 'formula'. The good news is, happiness is within everyone's grasp. It has the power to transform, heal and restore life back to one worth living.

why love matters sue gerhardt: The Little Pocket Book of Happiness Lois Blyth, 2015-07-09 Swap worry and anxiety for joy and contentment and choose to live in a happier way. Happiness is like the answer to a riddle. The more we want it and the more we seek it, the more elusive it becomes. And yet, when we are least conscious of looking for it, it can envelop us in a warm sense of contentment and belonging, making a single moment precious and valuable beyond measure. A feeling of happiness has the power to light up our whole being. Scientists will tell us that happiness has the power to heal and to extend life. It is the ingredient we all seek to make our lives complete. Like the air we breathe, we are not conscious that we need it, until it disappears. Happiness makes us feel glad to be alive. The Little Pocket Book of Happiness offers you a more joyous approach to living and thinking; a shift in approach that may reframe your view of the world; simple things you can do to reconsider your life - consciously - so that you can decide whether now is the time when you can be happier. It includes strategies to warm the heart and open the mind to the extraordinary power of happiness. It shares the experiences of others and provides the closest we might have to a happiness 'formula'. The good news is, happiness is within everyone's grasp.

why love matters sue gerhardt: The Emotionally Absent Mother, Second Edition: How to Recognize and Cope with the Invisible Effects of Childhood Emotional Neglect (Second) Jasmin Lee

Cori, 2017-04-18 The groundbreaking guide to self-healing and getting the love you missed “Years ago, I was on vacation and read *The Emotionally Absent Mother*. That book was one of many that woke me up. . . . I began the process of reparenting and it’s changed my life.”—Dr. Nicole LePera, New York Times–bestselling author of *How to Do the Work* Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can’t quite put a finger on what’s missing from their lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting, harmful effects. Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering. In this second edition of her pioneering book, with compassion for mother and child alike, she explains: Possible reasons your mother was distracted or hurtful—and what she was unable to give The lasting impact of childhood emotional neglect and abuse How to find the child inside you and fill the “mother gap” through reflections and exercises How to secure a happier future for yourself (and perhaps for your children).

why love matters sue gerhardt: *Why Won't My Teenager Talk to Me?* John Coleman, 2018-09-05 Do you wish your son or daughter would tell you more about what is happening in their life, and that they would open up to you more often? Are you worried about them as they seem to be spending more and more time in their bedroom and on their smart phone? The teenage years can be a time of concern and worry for parents and carers from all backgrounds. However, *Why Won't My Teenager Talk to Me?* offers the parent and care-giver insightful and practical advice, as to how to encourage positive and respectful two-way communication between you and your teenager. The new edition of this essential book offers a positive way of thinking about the teenage years. So much has changed in the last five years since the book first appeared. Our knowledge of the human brain has increased, and this new edition includes a whole chapter devoted to the changing teenage brain.

why love matters sue gerhardt: Discipline Without Distress Judy L Arnall, 2012-03-31 Discipline that you and your child will feel good about! At last, a positive discipline book that is chock-full of practical tips, strategies, skills, and ideas for parents of babies through teenagers, and tells you EXACTLY what to do “in the moment” for every type of behavior, from whining to web surfing. Parents and children today face very different challenges from those faced by the previous generation. Today’s children play not only in the sandbox down the street, but also in the World Wide Web, which is too big and complex for parents to control and supervise. As young as age four, your children can contact the world, and the world can contact them. A strong bond between you and your child is critical in order for your child to regard you as their trusted advisor. Traditional discipline methods no longer work with today’s children, and they destroy your ability to influence your increasingly vulnerable children who need you as their lifeline! Spanking and time-outs do not work. You need new discipline tools! Help your child gain: · Strong communication skills for school, career, and relationship success. · Healthy self-esteem, confidence, and greater emotional intelligence. · Assertiveness, empathy, problem-solving, and anger-management skills. · A respectful, loving connection with you! You will gain: · An end to resentment, frustration, anger, tears, and defiance in your parent-child relationship. · Tools to respectfully handle most modern challenging parenting situations, including biting, hitting, tantrums, bedtimes, picky eating, chores, homework, sibling wars, smoking, “attitude,” and video/computer games. · Help for controlling your anger “in the moment” during those trying times. · A loving, respectful, teaching and fun connection with your child! Offers a wealth of ideas and suggestions for raising children without the use of punishment of any kind. Linda Adams, President and CEO of P.E.T. Parent Effectiveness Training and Gordon Training International The world is in desperate need of gentle, caring discipline techniques. Judy Arnall has created a wonderful, nurturing guide that all parents can benefit from. Elizabeth Pantley, Author of *The No-Cry Solution* series of books. Parents always prefer to be loving but often don't know how. Arnall's book debunks all the old beliefs about discipline through painful measures such as punishment, consequences or bribes and provides far more effective and kind ways to raise well behaved and thriving children. Naomi Aldort, Ph.D., Author of *Raising Our Children*, Raising

Ourselves BONUS! 50-page quick reference tool guide included

why love matters sue gerhardt: Being Sure of Each Other Kimberley Brownlee, 2020-05-26 We are deeply social creatures. Our core social needs — for meaningful social inclusion — are more important than our civil and political needs and our economic welfare needs, and we won't secure those other things if our core social needs go unmet. Our core social needs ground a human right against social deprivation as well as a human right to have the resources to sustain other people. Kimberley Brownlee defends this fundamental but largely neglected human right; having defined social deprivation as a persistent lack of minimally adequate access to decent human contact, she then discusses situations such as solitary confinement and incidental isolation. Fleshing out what it means to others. Our core social needs can clash with oo belong, Brownlee considers why loneliness and weak social connections are not just moral tragedies, but often injustices, and argues that we endure social contribution injustice when we are denied the means to sustain ur interests in interactive and associative freedom, and when they do, social needs take priority. We have a duty to ensure that everyone has the opportunity to satisfy their social needs. As Brownlee asserts, we violate this duty if we classify some people as inescapably socially threatening, either through using reductive, essentialist language that reduces people to certain acts or traits — 'criminal', 'rapist', 'paedophile', 'foreigner' — or in the ways we physically segregate such people and fail to help people to reintegrate after segregation.

why love matters sue gerhardt: The Emotionally Absent Mother, Updated and Expanded Second Edition Jasmin Lee Cori, 2017-04-18 The groundbreaking guide to self-healing and getting the love you missed. Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can't quite put a finger on what's missing from their lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting, harmful effects. Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering. In this second edition of her pioneering book, with compassion for mother and child alike, she explains: Possible reasons your mother was distracted or hurtful—and what she was unable to give The lasting impact of childhood emotional neglect and abuse How to find the child inside you and fill the “mother gap” through reflections and exercises How to secure a happier future for yourself (and perhaps for your children)

why love matters sue gerhardt: The Mindful Parent Charlotte Peterson, 2015-11-17 Over the last four decades, American hospitals have seen a steady increase in children suffering from psychological disorders, peer violence, and suicide attempts. To figure out why this is happening and how to put an end to it, child psychologist Dr. Charlotte Peterson has been spending six months every five years living in indigenous villages and observing their parenting practices. What she's found is that the people of peaceful cultures, particularly the Tibetan, Bhutanese, and Balinese people, know something we Westerners, despite our modernity, don't, and their children are happier, healthier, and more balanced because of it. What Dr. Peterson has found is that the children in these cultures are raised with a high degree of cherishing and empathy. Attachments are promoted by intensive nurturing of infants and gentle, clear limit-setting with toddlers that teaches self-control and builds self-esteem. The result, as Dr. Peterson has found after visiting these places again and again, is children who are trusting, enjoyable, and kind, —not “spoiled,” as we might imagine. The Mindful Parent brings together Dr. Peterson's village interviews, observations, research, and over thirty-five years of work as a psychologist to teach modern parents how to raise healthier, more well-balanced, and kinder children. It includes creative ideas from parents who are currently adopting these practices and balancing other aspects of their personal, career, and financial responsibilities to assure their children get the support they need to thrive.

why love matters sue gerhardt: Motherdom Alex Bollen, 2025-03-04 Blaming, shaming and flimsy evidence: welcome to the ugly world of Good Mother myths When Alex Bollen had her first baby, the fear of being a bad mother made her guilty and anxious. A researcher with twenty years' experience, she went looking for answers. To her surprise the studies she looked at were

exaggerated and misrepresented in the media, forming the foundation for what she calls Good Mother myths. These myths are an assortment of narratives, ideologies and stereotypes, deployed to censure mothers and blame them for every societal ill. Incensed by the way bad science is used to shame mothers, Alex Bollen decided to set the record straight. With meticulous research and keen insight, Motherdom exposes both the shaky science and unjustified prescriptions about how mothers should 'naturally' behave. Competing visions of birth – 'natural' versus 'medical' – mean women can be criticised whatever happens, raising the odds that birth will be a damaging, even deadly, experience. Mothers are judged and belittled whether they breast- or bottle-feed their babies. Bogus claims about brain development and dodgy attachment theories mean that whatever mothers do, it is never enough. This has to stop. We must replace Good Mother myths with a realistic approach to parenting. Alex Bollen proposes 'motherdom', a more expansive conception of motherhood, which values and respects the different ways people raise their children. Instead of finding fault with mothers, Motherdom shifts our focus to the relationships and resources children need to flourish.

Related to why love matters sue gerhardt

"Why ?" vs. "Why is it that ?" - English Language & Usage Why is it that everybody wants to help me whenever I need someone's help? Why does everybody want to help me whenever I need someone's help? Can you please explain to me

Do you need the "why" in "That's the reason why"? [duplicate] Relative why can be freely substituted with that, like any restrictive relative marker. I.e, substituting that for why in the sentences above produces exactly the same pattern of

Is "For why" improper English? - English Language & Usage Stack For why' can be idiomatic in certain contexts, but it sounds rather old-fashioned. Googling 'for why' (in quotes) I discovered that there was a single word 'forwhy' in Middle English

Where does the use of "why" as an interjection come from? "why" can be compared to an old Latin form *qui*, an ablative form, meaning how. Today "why" is used as a question word to ask the reason or purpose of something

etymology - Why "shrink" (of a psychiatrist)? - English Language I know it originates from "head shrinking", but it doesn't help me a lot to understand the etymology. Why are psychiatrists called that? Is it like "my head is swollen [from anguish, misery, stress

etymology - "Philippines" vs. "Filipino" - English Language & Usage Why is Filipino spelled with an F? Philippines is spelled with a Ph. Some have said that it's because in Filipino, Philippines starts with F; but if this is so, why did we only change

pronunciation - Why is the "L" silent when pronouncing "salmon" The reason why is an interesting one, and worth answering. The spurious "silent l" was introduced by the same people who thought that English should spell words like debt and

Why do we use "-s" with verbs - English Language & Usage Stack You might as well ask why verbs have a past tense, why nouns have plural forms, why nouns are not verbs, why we use prepositions, etc. Simply because that's an integral

Why are the Welsh and the Irish called "Taffy" and "Paddy"? Why are the Welsh and the Irish called "Taffy" and "Paddy"? Where do these words come from? And why are they considered offensive?

grammaticality - Is it incorrect to say, "Why cannot?" - English Since we can say "Why can we grow taller?", "Why cannot we grow taller?" is a logical and properly written negative. We don't say "Why we can grow taller?" so the construct

"Why ?" vs. "Why is it that ?" - English Language & Usage Why is it that everybody wants to help me whenever I need someone's help? Why does everybody want to help me whenever I need someone's help? Can you please explain to me

Do you need the "why" in "That's the reason why"? [duplicate] Relative why can be freely substituted with that, like any restrictive relative marker. I.e, substituting that for why in the sentences above produces exactly the same pattern of

Is "For why" improper English? - English Language & Usage Stack For why' can be idiomatic in certain contexts, but it sounds rather old-fashioned. Googling 'for why' (in quotes) I discovered that there was a single word 'forwhy' in Middle English

Where does the use of "why" as an interjection come from? "why" can be compared to an old Latin form *qui*, an ablative form, meaning *how*. Today "why" is used as a question word to ask the reason or purpose of something

etymology - Why "shrink" (of a psychiatrist)? - English Language I know it originates from "head shrinking", but it doesn't help me a lot to understand the etymology. Why are psychiatrists called that? Is it like "my head is swollen [from anguish, misery, stress

etymology - "Philippines" vs. "Filipino" - English Language & Usage Why is Filipino spelled with an F? Philippines is spelled with a Ph. Some have said that it's because in Filipino, Philippines starts with F; but if this is so, why did we only change

pronunciation - Why is the "L" silent when pronouncing "salmon" The reason why is an interesting one, and worth answering. The spurious "silent l" was introduced by the same people who thought that English should spell words like *debt* and

Why do we use "-s" with verbs - English Language & Usage Stack You might as well ask why verbs have a past tense, why nouns have plural forms, why nouns are not verbs, why we use prepositions, etc. Simply because that's an integral

Why are the Welsh and the Irish called "Taffy" and "Paddy"? Why are the Welsh and the Irish called "Taffy" and "Paddy"? Where do these words come from? And why are they considered offensive?

grammaticality - Is it incorrect to say, "Why cannot?" - English Since we can say "Why can we grow taller?", "Why cannot we grow taller?" is a logical and properly written negative. We don't say "Why we can grow taller?" so the construct

"Why ?" vs. "Why is it that ?" - English Language & Usage Stack Why is it that everybody wants to help me whenever I need someone's help? Why does everybody want to help me whenever I need someone's help? Can you please explain to me

Do you need the "why" in "That's the reason why"? [duplicate] Relative why can be freely substituted with *that*, like any restrictive relative marker. I.e, substituting *that* for *why* in the sentences above produces exactly the same pattern of

Is "For why" improper English? - English Language & Usage Stack For why' can be idiomatic in certain contexts, but it sounds rather old-fashioned. Googling 'for why' (in quotes) I discovered that there was a single word 'forwhy' in Middle English

Where does the use of "why" as an interjection come from? "why" can be compared to an old Latin form *qui*, an ablative form, meaning *how*. Today "why" is used as a question word to ask the reason or purpose of something

etymology - Why "shrink" (of a psychiatrist)? - English Language I know it originates from "head shrinking", but it doesn't help me a lot to understand the etymology. Why are psychiatrists called that? Is it like "my head is swollen [from anguish, misery, stress

etymology - "Philippines" vs. "Filipino" - English Language Why is Filipino spelled with an F? Philippines is spelled with a Ph. Some have said that it's because in Filipino, Philippines starts with F; but if this is so, why did we only change

pronunciation - Why is the "L" silent when pronouncing "salmon" The reason why is an interesting one, and worth answering. The spurious "silent l" was introduced by the same people who thought that English should spell words like *debt* and

Why do we use "-s" with verbs - English Language & Usage Stack You might as well ask why verbs have a past tense, why nouns have plural forms, why nouns are not verbs, why we use prepositions, etc. Simply because that's an integral

Why are the Welsh and the Irish called "Taffy" and "Paddy"? Why are the Welsh and the Irish called "Taffy" and "Paddy"? Where do these words come from? And why are they considered offensive?

grammaticality - Is it incorrect to say, "Why cannot?" - English Since we can say "Why can we grow taller?", "Why cannot we grow taller?" is a logical and properly written negative. We don't say "Why we can grow taller?" so the construct

"Why ?" vs. "Why is it that ?" - English Language & Usage Why is it that everybody wants to help me whenever I need someone's help? Why does everybody want to help me whenever I need someone's help? Can you please explain to me

Do you need the "why" in "That's the reason why"? [duplicate] Relative why can be freely substituted with that, like any restrictive relative marker. I.e, substituting that for why in the sentences above produces exactly the same pattern of

Is "For why" improper English? - English Language & Usage Stack For why' can be idiomatic in certain contexts, but it sounds rather old-fashioned. Googling 'for why' (in quotes) I discovered that there was a single word 'forwhy' in Middle English

Where does the use of "why" as an interjection come from? "why" can be compared to an old Latin form qui, an ablative form, meaning how. Today "why" is used as a question word to ask the reason or purpose of something

etymology - Why "shrink" (of a psychiatrist)? - English Language I know it originates from "head shrinking", but it doesn't help me a lot to understand the etymology. Why are psychiatrists called that? Is it like "my head is swollen [from anguish, misery, stress

etymology - "Philippines" vs. "Filipino" - English Language & Usage Why is Filipino spelled with an F? Philippines is spelled with a Ph. Some have said that it's because in Filipino, Philippines starts with F; but if this is so, why did we only change

pronunciation - Why is the "L" silent when pronouncing "salmon The reason why is an interesting one, and worth answering. The spurious "silent l" was introduced by the same people who thought that English should spell words like debt and

Why do we use "-s" with verbs - English Language & Usage Stack You might as well ask why verbs have a past tense, why nouns have plural forms, why nouns are not verbs, why we use prepositions, etc. Simply because that's an integral

Why are the Welsh and the Irish called "Taffy" and "Paddy"? Why are the Welsh and the Irish called "Taffy" and "Paddy"? Where do these words come from? And why are they considered offensive?

grammaticality - Is it incorrect to say, "Why cannot?" - English Since we can say "Why can we grow taller?", "Why cannot we grow taller?" is a logical and properly written negative. We don't say "Why we can grow taller?" so the construct

"Why ?" vs. "Why is it that ?" - English Language & Usage Why is it that everybody wants to help me whenever I need someone's help? Why does everybody want to help me whenever I need someone's help? Can you please explain to me

Do you need the "why" in "That's the reason why"? [duplicate] Relative why can be freely substituted with that, like any restrictive relative marker. I.e, substituting that for why in the sentences above produces exactly the same pattern of

Is "For why" improper English? - English Language & Usage Stack For why' can be idiomatic in certain contexts, but it sounds rather old-fashioned. Googling 'for why' (in quotes) I discovered that there was a single word 'forwhy' in Middle English

Where does the use of "why" as an interjection come from? "why" can be compared to an old Latin form qui, an ablative form, meaning how. Today "why" is used as a question word to ask the reason or purpose of something

etymology - Why "shrink" (of a psychiatrist)? - English Language I know it originates from "head shrinking", but it doesn't help me a lot to understand the etymology. Why are psychiatrists called that? Is it like "my head is swollen [from anguish, misery, stress

etymology - "Philippines" vs. "Filipino" - English Language & Usage Why is Filipino spelled with an F? Philippines is spelled with a Ph. Some have said that it's because in Filipino, Philippines starts with F; but if this is so, why did we only change

pronunciation - Why is the “L” silent when pronouncing “salmon The reason why is an interesting one, and worth answering. The spurious “silent l” was introduced by the same people who thought that English should spell words like debt and

Why do we use "-s" with verbs - English Language & Usage Stack You might as well ask why verbs have a past tense, why nouns have plural forms, why nouns are not verbs, why we use prepositions, etc. Simply because that’s an integral

Why are the Welsh and the Irish called "Taffy" and "Paddy"? Why are the Welsh and the Irish called "Taffy" and "Paddy"? Where do these words come from? And why are they considered offensive?

grammaticality - Is it incorrect to say, "Why cannot?" - English Since we can say "Why can we grow taller?", "Why cannot we grow taller?" is a logical and properly written negative. We don't say "Why we can grow taller?" so the construct

Related Articles

- [patrick ness the knife of never letting go](#)
- [rebus black and blue](#)
- [aga biology as specification](#)

[Back to Home](#)