

The relationship with our own mother influences us for life



Claudia Haarmann
Mothers Will Be Mothers
[Mütter sind eben Mütter]
What daughters and mothers
should know about each other

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Claudia Haarmann, born in 1951, worked for many years as a freelance journalist. She is now a psychotherapist (HP) focusing on the dynamics of attachment and relationship in families and the effects later in adulthood. She primarily uses body-oriented methods and conversation therapy.
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In this book, psychotherapist Claudia Haarmann makes a plea for a new relationship culture between mothers and daughters. Every mother wants to give her best for her child, but ever so often there is something in her life stopping her doing just that.

Using the latest findings from brain research and trauma therapy, the author explains how the traumata experienced by earlier generations have a long-term effect on the relationship between mothers and daughters. In interviews with experts and with an eye on life histories, she has worked out how letting go can be a process of respect, and how mutual acceptance can come about.

- Successful long seller