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**WILL I EVER BE
GOOD ENOUGH?**
*Healing the Daughters of
Narcissistic Mothers*



By Karyl McBride, Ph.D.

"McBride presents specific steps toward recovery that daughters of any age can use as they grieve for the love and support they didn't receive...[McBride] provides parenting tips as well as advice for maintaining healthy love relationships and friendships...An excellent bibliography rounds out this revealing book, which ends on a hopeful and pragmatic note."

– **Publishers Weekly**, starred review

From birth through adulthood, the mother-daughter relationship affects the daughter's emotional development, with the mother serving as her daughter's primary role model for developing as an individual, lover, wife, mother, and friend. Daughters of narcissistic mothers, however, learn at a very young age that their mother's love is not unconditional, and the fallout from this painful legacy of distorted love is particularly insidious.

The American Psychiatric Association estimates that there are 1.5 million American women with Narcissistic Personality Disorder. In a society that is captivated by social networking sites, celebrity culture, and standing out in the crowd, these numbers do not seem so farfetched. In **WILL I EVER BE GOOD ENOUGH? *Healing the Daughters of Narcissistic Mothers*** (Free Press; September 8, 2009; \$15.00; paperback), Dr. Karyl McBride – herself a recovering daughter, and a therapist who has devoted almost twenty years to research on narcissistic parents and their effects on children – pulls back the curtain on maternal narcissism, tackling the challenges facing daughters of narcissistic mothers, and claims that this destructive pattern can be overcome.

In this pioneering work, **WILL I EVER BE GOOD ENOUGH?** Dr. McBride lays out the characteristics and dynamics of Narcissistic Personality Disorder, the common symptoms facing daughters of narcissistic mothers, such as over-sensitivity, indecisiveness, self-consciousness, inability to succeed in relationships, lack of self-confidence regardless of their accomplishments, and a general sense of insecurity, and offers tools for readers to use to determine if this disorder indeed affects their families. McBride then highlights how the dynamics of maternal narcissism directly affect daughters' lives and ultimately provides an easy-to-understand and effective road map for recovery.

For daughters of narcissistic mothers, the issue is more complex than just “dealing with mom,” daughters need to know how to read her – when to limit contact and how to set boundaries. These issues not only have ramifications on mother-daughter relationships but can have lasting impacts on how these daughters parent their own children. Daughters always fear passing on the distorted legacy of love, and they want to avoid raising a narcissistic child. These fears also filter themselves into other aspects – in their love relationships, career choices, and everyday thoughts and feelings. In **WILL I EVER BE GOOD ENOUGH?** examples of such instances are highlighted as Dr. McBride recounts her own experiences and tells similarly shocking stories and affecting anecdotes from the hundreds of women she has interviewed and treated over the years.

A book that is long overdue, **WILL I EVER BE GOOD ENOUGH?** gives a voice to the millions of daughters suffering from the abuse of their self-involved, destructive, narcissistic mothers, and provides them with the much-needed tools to overcome the devastating effects of this disorder so they can lead happy, healthy, fulfilled adult lives.

ABOUT THE AUTHOR

Karyl McBride, Ph.D. LMFT, is a licensed Marriage and Family Therapist in Denver, Colorado, with more than twenty-nine years of experience in public and private practice. She specializes in treating clients with dysfunctional family-of-origin issues. For the past seventeen years, Dr. McBride has been involved in private research concerning children of narcissistic parents, with a primary focus on women raised by narcissistic mothers. She has treated many daughters of narcissistic mothers in her private practice.

For more information on Dr. McBride and the book, please visit
www.nevergoodenough.com.

For more information on Dr. McBride's psychotherapy practice and specializations
see her practice website at www.karylmcbridephd.com

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Dear Editor/Producer:

The American Psychiatric Association estimates that there are 1.5 million American women with Narcissistic Personality Disorder, in addition to millions more who exhibit less severe, non-clinical signs of self-absorption. The daughters of these narcissistic women learn at a very young age that their mother's love is not unconditional, and they suffer psychological effects that can scar them for life, especially when they live in a materialistic, image-obsessed culture that fuels narcissistic tendencies. In **WILL I EVER BE GOOD ENOUGH? *Healing the Daughters of Narcissistic Mothers*** (Free Press; September 8, 2009; \$15.00; paperback), Dr. Karyl McBride, a psychotherapist with over 29 years of experience, explains the dynamics of maternal narcissism and provides accessible, effective strategies that women can use to deal with the fallout from a lifetime of emotional abuse and neglect.

Dr. McBride, herself, a recovering daughter, has devoted almost twenty years to research on narcissistic parents and their effects on children. With this expertise, she has created an individualized recovery program that enables the reader to 1) define her own experience with maternal narcissism and its effects on her life; 2) discover how internalized verbal and non-verbal messages from her mother influence her life both as a desire to over-achieve and a tendency to self-sabotage; and 3) construct a step-by-step plan for reclaiming her life and enhancing her sense of self by learning to deal differently with her feelings and with her mother.

In an interview about **WILL I EVER BE GOOD ENOUGH?** Dr. McBride can discuss:

- Shocking stories and anecdotes of women dealing with the many manifestations of their mothers' narcissism
- How the idealized image of motherhood in our culture makes it more difficult for daughters of narcissistic mothers to admit to themselves that their mothers hurt them
- How maternal narcissism is portrayed in the media (*Octomom, Toddlers and Tiaras*, etc.) and how it affects our perception of motherhood
- The dynamics of a narcissistic family and how fathers, brothers, and sisters operate in this dysfunctional hierarchy
- The ramifications of daughters from a narcissistic household raising children and grandchildren
- The three essential steps to recovery, and why *processing*—working with—the feelings related to the problem is the hardest, and most important, step in the recovery process

We hope you will consider reviewing **WILL I EVER BE GOOD ENOUGH?** or interviewing Dr. Karyl McBride.

ENDORSEMENTS:

“Comes across with such richness and authenticity that this book should be on every family therapist’s shelf. It is written for the daughters, not for clinicians per se; however, both the daughters and their mental health professionals can benefit from the information presented in this volume....Practical, insightful and full of compassion, it is likely to help many women in ways that few other resources are able to do. Daughters of mothers with borderline, antisocial, and histrionic traits are likely to benefit from its caring, empathy, and practicality just as much as daughters of narcissistic mothers...This book is a gem....it truly helps the reader to reflect on her pain, as well as relish in the hope that she can end the legacy of narcissism.”

Farrah M. Hughes, Ph.D., for *The Family Psychologist Bulletin of the Society for Family Psychology*, division (43), The American Psychological Association

OTHER AUTHOR REVIEWS

“Will I Ever Be Good Enough? illuminates a very common and unnamed wound—the wound that results from growing up with a narcissistic mother. In this engaging book, Karyl McBride provides a clear, honest, and effective way to heal this wound and live life fully and joyfully.”

- Christiane Northrup, M.D., author of *Mother-Daughter Wisdom, The Wisdom of Menopause, and Women’s Bodies, Women’s Wisdom*

“Dr. Karyl McBride has convened a fellowship of female voices to describe every flavor of experience with maternal narcissism. However marginalized from the mainstream of mother-daughter relationships you may have felt before this, you are no longer alone on the road to recovery.”

- Sandy Hotchkiss, PsyD, LCSW, author of *Why Is It Always About You? The Seven Deadly Sins of Narcissism*

“Narcissistic mothers are always there when they need you. They expect to be the center of attention, and they can be cruel if they don’t get what they want. Learning how to set boundaries with narcissistic mothers is a complex challenge. Dr. McBride offers a step-by-step approach to understanding narcissism, setting limits on the abuse, and recovering from the psychological damage. This book is a must read for every woman living in the shadow of a domineering, self-focused parent.”

- Nanette Gartrell, MD, author of *My Answer Is NO...If That’s Okay With You: How Women Can Say NO and (Still) Feel Good About It*

“The long-term destructive consequences that narcissistic parents have for their children are well-known. Until now, however, there has been little in the way of helpful advice for those who were raised by these parents. In this insightful new book, Dr. McBride presents a detailed examination of narcissistic mothers and the harmful effects on their daughters. She also offers practical, step-by-step guidance for working through these issues. This book is a terrific resource for those women raised by narcissistic mothers and

looking for strategies for change.”

- W. Keith Campbell, Ph.D., author of *When You Love a Man who Loves Himself*

“Will I Ever Be Good Enough? is an amazing journey out of pain. Providing true professional guidance and clarity, Dr. Karyl McBride heaps in genuine love and kindness. This book is like having an ideal therapist at your convenience, who really helps you heal self-doubt and self-rejection. Every page is milk and honey to your soul.”

- Tama J. Kieves, author of *This Time I Dance! Creating the Work You Love (How One Harvard*