



Mother and Son: The Respect Effect

Emerson Eggerichs

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From the *New York Times* best-selling author of *Love & Respect* comes the definitive book for mothers and sons.

Love is important but it is respect that is the key to your son's heart.

As Emerson Eggerichs transformed millions of marital relationships with a biblical understanding of love and respect, he now turns these principles to one of the most important relationships of all, a mother and her son.

The idea of moms respecting their sons may sound alien to some, but it seems to ignite curiosity across the board. It is easy to relate to the need for all of us to feel a mother's love, but is that the same thing as respect? Even for young boys, the effect of respect is nothing short of astounding when applied properly.

Moms yearn to learn anything that better helps them with their sons. After all, they love their boys, but many find them more difficult to parent than their girls, especially from age four and up.

What makes this all the more urgent is that moms are coaching fathers to love their daughters, but no one has said boo to moms on specific ways to show respect to their sons, at least not in a way that is applicable and fully explained. All realize that little girls need daddy's love, but who is strongly promoting the truth that little boys (and big ones) need Mom's respect? No wonder mothers feel left in the dark on this topic.

Mother & Son is also available in Spanish, *Madre e hijo*.

Mother and Son: The Respect Effect Details

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ME says

I didn't actually read it all, but skimmed the very repetitive, patronizing text until I got to page 77 where Eggerichs writes, " Calling a son of any age an idiot, moron, loser, coward, mama's boy, jerk, creep, and so forth is never ok." What? Really? Seriously... he seems to have a really poor opinion of mothers and women in general. I mean, what mother who might have picked up this book about making her relationship with her son better, is inclined to be the kind of mother who would call her child those names?! With all due respect, I found what I read to be insulting overall, though the IDEA is valid and worthwhile. I could certainly use more directly impactful language when affirming my (college-aged) son and wish I had done so sooner, but Eggerichs could have made that simple message clear in 100 words or less (so to speak) and without the negative assumptions about moms' complete cluelessness. So DISrespectful in its generalization. THIS is why I read so little non fiction.

Azita Rassi says

Despite the heavily Christian tone of the book, I found most of it very applicable and appealing. I've begun using the advice and have seen results already. I'm also going to sign up for the 21-day reminder emails.

Heather Hart says

I got a free review copy of this book from Propeller Consulting. I was really looking forward to it as a mom of two boys, 13 and 11. They are definitely at the age where I know they want respect, but they don't always earn it. So I was hoping this book could help me out. Build up our relationship in this awkward phase. That said, I was very disappointed. However, this book did have some really profound points that I did appreciate. Thus, the 3-star review.

What I didn't like:

I found much of the content geared towards much younger boys. Some of it would work with my 11 year old, where if I used the recommended respect language on my 13 year old he would think I was mocking him.

Another issue I had was the authors tone. Much of the writing actually came across like he was talking down to moms. Like we were poor women who just couldn't wrap our minds around anything but love and nurture. Maybe this book would have sat better with me if it were written by someone else?

What I did like:

While the beginning of the book seemed geared towards moms of little kids, the further I got into it the more applicable it became for my situation. Specifically chapter 6 was really helpful.

Everything in this book was spot on. Even when he used a tone I didn't like, or the language he used for communicating with boys was childish at best, the message was right on.

The bottom line is, if you have read and enjoyed the authors other books, I would highly recommend picking this one up. If this is your first book by him... Only pick it up if you can read past the language down to the intended message - because it's a good one.

Kim says

Highly recommended for anyone raising boys, teaching boys, working with men, etc.

Christina says

I would probably give this 3-1/2 stars if I could. Reading this book is like reading all about a foreign culture: the young male mind. I really did like and understand "Love & Respect" on marriage, but this book seemed a little less clear in certain areas. I liked how Emerson gives examples for younger boys vs. older boys, but my boys are in between these two groups, and sometimes neither of the examples fit them. I get the overall concept of using the respect and honor verbiage more than "love", and have been successfully implementing it often. Where I really struggle is how my words are sometimes interpreted as "disrespect", and I just couldn't quite grasp a complete understanding of it from the book (maybe my husband can explain it to me). Also important concepts in this book I need to work on are "side by side" time and silence instead of relentless questioning. Lots to work on here, but overall a great book on how to relate well to sons.

Diane Estrella says

I think this book is not only great for the mother/son relationship, but it has lots of good advice to offer grandparents and even wives for the husbands in their lives. Every man is someone's son, and he may have never gotten what it is he truly desires and needs in his life. Respect.

For women and moms, love is an easy thing to show and lavish on our family and friends. Respect is another matter all together sometimes. Women and men are wired differently and are able to express (or not express) ourselves differently. We are able to communicate differently. That's just the way it is.

The author gives specific responses that can be given instead of how you would "normally" respond. I think this is helpful. It may not be the absolute best reply to your son in a particular circumstance or based on your son's personality, but I think it is a useful guideline of what to say. For me, this is a reprogramming that needs to take place IN ME and how I respond to conversations and situations. This will take some time to "perfect."

I definitely think this is a useful book that will give the reader new insight in HOW to respond and WHY it will or will not give the desired effect. The end result is healthy, happy relationships with our sons and ALL the men in our lives, because really, isn't every man a little boy at times in what he needs. We all want to be loved, but for men respect, trumps even that it seems.

I received a free copy of this book from the author/publisher, for my honest review. The opinions expressed here are my own.

Christie Saunders says

"I'm just a boy, standing in front of his mom, asking to be respected." This was such a timely read for me. I immediately started implementing "respect talk" with my 8 year old son and I couldn't believe the immediate transformation that occurred. I feel truly relieved to have the tools Emerson, the author of the book, lays out clearly and with great sympathy for the heart of a mother. But also clearly admonishing us to recognize our sons need to be treated as the man of honor he wants to become (and needs some guidance to get there). My relationship with my son has been completely transformed by these principles. I HIGHLY recommend for any moms of boys.

Maureen Russell says

Fantastic information for ANY mother of sons no matter what their age. Highly recommend.

AddyF says

I had the same initial reaction to this book that I had to Eggerichs' "Love and Respect" book for couples, which was that I balked against the generalization that "all boys are like this" and "all women are like this." I think there are a million nuances to being distinctly male or distinctly female, and I think it's important to allow men and women to fall along a wide spectrum in personalities, preferences, and communication tendencies so that no one assumes something is wrong or off when a man likes to talk through things or when a woman prefers a hiking or camping trip over shopping and pedicures. Having said all that....this book really nailed it for me and rang true as it relates to me and my son. It was just what I needed to help me reform my mindset toward my son, and I'm so grateful for the insight and help it gave me to break a cycle that I've been in with him. And I did think that Eggerich made many clarifications throughout the book to clear up any of those generalizations that the premise of the book seems to make about the differences between men and women.

I heartily recommend this for any mom who would like a stronger connection with her son.

Michelle says

The overall premise of this book is a good one: sons respond to respect more readily and impactfully than they do to shame, criticism, or embarrassment. It's hard to argue with that since it describes EVERY HUMAN BEING EVER, including boys.

I had two problems with this book, which ultimately led me to stop reading before I was done:

1. As many self-help authors do, Eggerichs has turned enough information for a great article into a full-length book full of padding and repetition.
2. Eggerich reads the book on tape so you can not only guess at but actually hear his contempt for women. It's gross. He does so in the form of a fatherly love for women in all their silliness and weakness. Someone hand me an airsickness bag, please. Even worse, he cloaks his views in Christianity. Um, it's 2018, and who thinks Christianity = anti-woman anymore? Well, obviously lots of people including Eggerichs.

My advice: skip it (the book, not Christianity).

Johnnie says

Although there may be exceptions to this message, the whole of it is a much needed lesson in the mother-tongue needed for your son to hear your love and respect for him. Excellent read!

Kelly says

Love is important but it is the key to your son's heart. The idea of moms respecting their sons may sound alien to some, but it seems to ignite curiosity across the board. It is easy to relate to the need for all of us to feel a mother's love, but is that the same thing as respect? Even for young boys, the effect of respect is nothing short of astounding when applied properly. Moms yearn to learn anything that better helps them with their sins. After all, they love their boys, but many find them more difficult to parent than their girls, especially from age four and up. What makes this all the more urgent is that moms are coaching fathers to love their daughters, but no one has said boos to moms on specific ways to show respect to their sons, at least not in a way that is applicable and fully explained. All realize that little girls need daddy's love, but who is strongly promoting the truth that little boys (and big ones) need Mom's respect? No wonder mothers feel left in the dark on this topic. Just as Emerson Eggerichs transformed millions of marital relationships with a biblical understanding of love and respect, he now turns these principles to one of the most important relationships of all, a mother and her son.

I recommend this book to all mothers, grandmas, teachers and childcare workers of boys.

I cannot say how much I loved this book. I was hesitant on beginning this book as I have read this authors books on regards to love and respect in the marriage but always hungered for examples as I struggle on how to show my husband how much I respect him. I was pleasantly surprised on the examples on this book. It was so encouraging. I plan on rereading this book through the years so I can adapt my speech as my son grows.

I rate this book a 5 out of 5 stars.

Brandi (Rambles of a SAHM) says

As a mother of two grown sons this book was hard for me to read. By the end of the second chapter I felt like I had done just about everything wrong. That's not an easy thing to digest. But I stuck with the book and I am very glad that I did.

My intention in raising my sons was never to squelch them or convey an unintended message. But I did. As I proceeded through the book I began to hear the message that it is never too late to begin using the respect-talk with your son. So I went out on a limb and gave it a try. I have to say that I am pleasantly surprised by the results. I'm fortunate to have good relationships with my sons but through applying the guidelines in the book I can already see a shift in our relationships.

Ideally this book should be read by mothers of little boys so that you can apply the principles from the beginning. (I'm wondering if this would be too odd as a baby shower gift!) Baring that this book should be on the must read list of all boy moms. In hindsight the concepts make sense. These traits in my boys were not new to me, after all I spent almost every day of their lives with them. As their mom it makes sense that they need to be respected. They are after all men in the making.

If you are a mom to boys of any age get this book for yourself. I can almost guarantee that after reading it you will have a different outlook on your relationship with your sons. I can also almost guarantee that you'll want to share it with every other boy mom you know.

I received a copy of this book to facilitate my review.

CC says

This is nearly identical to the "Love and Respect" book. My rating for both is poor but not due to the topic or ideas presented. I agree with the author that most men crave respect and women crave love.

In this book, the author essentially states that boys, like men, also crave respect and that because women are different, moms can get confused as to how to relate to their boys. We are so busy showing them our love for them that we do not realize that what they are seeking is respect. I do agree but with both books, I think the ideas presented could have been presented in full in a page-long essay. Of course, in this book, I found it pretty obvious that boys are built the way men are....making me unsure why I need an entire book on the same topic.

Chastity Ray says

I really enjoyed the "meat" of the book. Admittedly, some of it went over my head but I believe it's a book that all boy moms can benefit from. He has amazing insight on what makes a man tick. How God designed each of us, both male and female, specifically to be two halves of the same coin. He explains that men are more respect driven while women are more love driven. I honestly had never considered that but as I was reading I started to think of my own two boys and their dad and I realized he was right! I'm curious to see how making a conscious effort to me more respectful in the way I communicate with them makes a difference. He also mentions respect when disciplining. I had a little trouble understanding this concept at first but as he explained it in more detail in made sense. My mom used to tell me "I love you too much to

allow you to act this way" basically with Dr.Eggerichs approach you tell your son(s) "I respect you to much to allow you to act this way". It's mind boggling to think how much a little respect can change the whole mother/son relationship.
