



## **The Mom Factor: Dealing with the Mother You Had, Didn't Have, or Still Contend With**

*Henry Cloud , John Townsend*

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From the very beginning, you relied on her for things no one else could give you. How she met those needs - or didn't meet them -- affected you daily as a child. And still affects you profoundly as an adult. For every son or daughter who wonders if things should have been different . . . for every man or woman who wonders if they still couldn't be . . . here's a life-changing look at The Mom Factor. She shaped you in ways that would surprise you both. No one has influenced the person you are today like your mother. The way she handled your needs as a child has shaped your worldview, your relationships, your marriage, your career, your self-image -- your life. How can you identify areas that need reshaping, make positive choices for personal change, and establish a balanced, mature relationship with Mom today? In The Mom Factor, Drs. Henry Cloud and John Townsend steer you down a path of discovery and growth beyond the effects of six common mothering styles: -The Phantom Mom -The China-Doll Mom -The Controlling Mom -The Trophy Mom -The Still-the-Boss Mom -The American-Express Mom --

Cloud and Townsend show you how your mom affected you as a child and may still be affecting you today. You'll find a hopeful, realistic, and empowering approach to identifying your unmet mothering needs and filling them in healthy, life-changing ways through other people. This encouraging book doesn't just help you understand areas in your life that need change and strengthening -- it helps you apply your discoveries to attain new freedom and joy in living, and an increased ability to give and receive love. The Mom Factor is a biblical, highly practical route to wholeness and growth, deeper and more satisfying bonds with your family, friends, and spouse -- and a new, healthier way of relating to your mother today.

## The Mom Factor: Dealing with the Mother You Had, Didn't Have, or Still Contend With Details

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# From Reader Review The Mom Factor: Dealing with the Mother You Had, Didn't Have, or Still Contend With for online ebook

## Samira says

A true healing starts with true, real, and deep relationships.  
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## Diane Dacko says

I believe this book helped me understand MY impact on my children based in the influence of parenting I had while growing up. It definitely gave me more insight to my relationship with my mother and certain qualities I can now understand better. I think this book had a lot of great personal stories to build off of, although I felt that the good doctor came across a bit all knowing some times. As another reviewer has said, the fathers role has probably been a piece that was absent in this book. But truthfully there is a consensus that mothers have a very large impact on the development of their children's character and future and so that was the focus in this book. I think it helps you as a parent see your own areas of weakness and how to create a new legacy for your children if you did not have the best leadership from your mother. I would recommend this as an insightful book if your relationship with your own mother has been sort of a challenging and misunderstood.

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## Marlene Salcher says

I learned many things about myself and my style of parenting. I also saw my mother and the effect of her parenting style on me and therefore the effect my parenting style has had on my four children. I am also hoping this book will be helpful in relating in a better way to my children. As I said with the first book listed I was a broken child raising children. I did not know how to heal the broken places but was too afraid to ask for help from authority figures because of my fear of authority. At the first time in my life I am finally taking risks and opening up to certain people more about the family struggles. No more hiding and pretending it will be ok.

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## Barbara says

This book did me more good than thousands of dollars worth of therapy.

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## Callie says

I picked up this book out of curiosity. This was written by the same authors that wrote "Boundaries", which I got a lot out of.

This is one of those books that I started a year or two ago, and am just now finishing. I'm afraid I have forgotten some of what I read, so forgive me if this review isn't very thorough.

Each chapter of this book discusses a different type of dysfunctional relationship with mom, what kind of issues that dysfunction can cause as an adult, and how to grow past that dysfunction. I got a lot out of this book, especially as a mom myself. It made me think of different ways I've related to my own kids, and how I could do better by them as a mom.

What I did like about this book is that it ultimately puts the responsibility back on the reader to recognize and deal with their own issues and stop blaming mom, while still recognizing mom's influence on who they have become. It was really a pretty fascinating read. What I didn't love was that the authors suggest leaning on a support group of people to help them learn how to relate in a more healthy way. While I think there is some value in that, I am skeptical of depending too much on other people to help us overcome issues. From a Christian perspective, it seems more important to make sure we are focused on the Lord and allowing Him to change us by keeping a proper perspective on our people issues.

The reason I say that is because I am also reading "When People Are Big And God Is Small" right now, which is an interesting book to be reading as I returned to finish "The Mom Factor". "When People Are Big And God Is Small" looks at Boundaries and human "needs" from an entirely different perspective than this book. While I think "The Mom Factor" had a lot of value from a psychological perspective, from a spiritual perspective (which also encompasses psychology), "When People Are Big And God Is Small" was much more helpful. So if you pick up this book, I'd recommend picking up that other one as well to view this topic with a right balance.

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### **Anne Snyder says**

Good insights on how mothers impact their children for life, how to overcome harm done by a mother, as well as how to reconcile a relationship with a mother.

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### **Meg says**

I learned so much about why I am the way I am from this book. If you are even kind of thinking about reading this book please do; you will not regret it.

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### **Susie A. Gertz says**

#### **Awesome insightful**

Very good book that will help you grow as a healthy adult and improve all your relationships -spouse, kids,parents,friends inlaws

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## **Pa Houa says**

This book was given to me by a lady from a bible study that I was involved in. She gave it to me because I had a mom whom everything I did was questioned as in "why didn't you do this? You should have done this!" and with an attitude of "I am too busy and too good for you". I found this book really thought provoking and helped me to realize that it's ok to say your mom wasn't that great for you but you need to find someone to be your mentor to fill that space. Anyways, I thoroughly enjoyed this book and it's one of those books I wouldn't mind reading one more time.

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## **Anam Cara says**

This is a hard book to rate. In all honesty, I didn't read the entire thing. The second chapter "Phantom Mom" is a problem I had sort of identified in my own life years ago.

I used to say that my parents practiced "benign neglect." I often said that I had no real role model for a mother because of that and felt that loss many times when raising my own children. I only knew one grandmother as a child and there was very little interaction between us, so I had no role model to follow as a grandmother. My models for these people were all things from TV or movies.

Reading the two chapters that have to do with Phantom Mothers was so difficult. I was often in tears. I had no idea how much it affected my life outside of my own parenting. I realize that childhood friendships all suffered because of the relationship I had with my mother.

But then came the suggestions of how to heal. And that brought more tears because I don't think I can enter into the healing process. I am already too damaged and too old to fix. My relationships as an adult are also severely affected by my childhood relationship.

I read a final chapter toward the end of the book "For Women Only" that discussed the relationship between mother and daughter. It talked about how to work with/forgive/relate to a living mother. Since my mother has been dead for almost 30 years, I didn't find that chapter very helpful. (There was another chapter "For Men Only" because men relate to their mothers differently than women do.)

I guess the best I can do is take some ideas from this book to help me in my daily life. I need to be less independent and willing to express needs.

My final thoughts are that perhaps this is one reason I was so adamant about homeschooling. I never felt a connection to my mother -she didn't interact with me a lot - and longing for that connectedness made me keep my own children close as I tried to create that in my own home. I failed at things like baking cookies with them because I had learned from my mother's actions that it was easier to do it myself. I missed many opportunities to connect to my children because I had no idea how to do it except through books which had been my "happy place" as a child. It was the one place where I knew how to act.....

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## **Yvonne says**

I like this book because it not only discusses the different types of mothering pitfalls you may have

experienced and how to deal with them. It also discusses how to be a good mother and avoid passing those pitfalls onto the next generation. Overall a very interesting read.

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### **Kit says**

I really liked boundaries. This one is not nearly as well written. He tries to apply anecdotes to situations that aren't so clearly applicable, and he doesn't work to discuss or justify the connection. It felt rushed and slapped together.

However, it is still a useful book for learning how to adjust your perspective on your relationship with your parents. Even though it is a mom book, I think it is just as applicable to some dad issues as well.

Also a lot of the biblical justification was unnecessary or felt irrelevant.

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### **Ashleigh Willett says**

Disliked. Written by a heap of dudes who aren't mothers. Also, way too heavy and hard to read.

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### **John says**

AND... Another book I have read this year that I need to read again.

This book was excellent. So good.

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### **Shawna Ridgley says**

Ugh... this book has important information. But I didn't like reading it! As a mom I am hyperaware of how my actions will have long-range effects on my children. As if I didn't have enough to worry about--I read this book and now I keep looking at different behaviors my kids display and think--is that because of me? Is that because I didn't \_\_\_\_\_?

This book stereotypes different mothering styles and breaks each of those styles down and gives you insights on how that mothering style can effect your other relationships/jobs/personality/etc etc. It also gives great advice on letting go of the mother you wished you had, embracing the mother you do have, and how to identify the specific mother issues you may have in order to deal with it and move on in a healthier way.

This book I think is most helpful for people who had/have a difficult relationship with their mother and are needing insight in how to address old hurts and move on. If you are a mom and read this book, please be careful. It really made me doubt myself and I kept trying to figure out which mom I am so I can fix my bad behaviors. Which isn't necessarily a bad thing, but it created some insecurities that weren't there before and I

don't think that was necessarily a positive thing. This book probably would be better to read within a group context for support and affirmation than to read alone (especially if you are a mom).

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