



**It's ok
to feel bad
sometimes.**

When Feeling Bad

Lei Huang



When Feeling Bad:

When Good Moms Feel Bad Jessica Tomich Sorci, Rebecca Geshuri, 2026-02-03 From two maternal mental health experts a first of its kind guide to help moms untangle complicated feelings like anger guilt shame and failure offering empathy support and practical strategies Moms have it hard whether due to ingrained beliefs the pressures of everything from social expectations to social media or our own childhood wounds even the best moms can feel like they are failing With empathy compassion and deep wisdom maternal health experts Jessica Tomich Sorci and Rebecca Geshuri address difficult and often suppressed feelings such as anxiety anger shame and guilt as well as disappointment ambivalence about being a mom and yearning for your old life Tomich Sorci and Geshuri help any mom anywhere to identify these pain points make sense of her distress and begin to find relief Their revelatory approach validates the unique suffering moms experience and offers reinterpretations that bring hope and empowerment Filled with exercises strategies and step by step guidance *When Good Moms Feel Bad* shows you empowering ways to access your abundant inner resources begin building self trust You re already a good mom Start discovering how your harshest internal voices are trying to help you and befriend the parts of yourself that you ve been fighting

When the Body Is the Target Sharon Klayman Farber, 2002-11-05 In this comprehensive and insightful work Dr Sharon K Farber provides an invaluable resource for the mental health professional who is struggling to understand self harm and its origins Using attachment theory to explain how addictive connections to pain and suffering develop she discusses various kinds and functions of self harm behavior From eating disorders to body modifications such as tattooing Dr Farber explores the language of self harm and the translation of that language and its psychic functions in the therapeutic setting She tells us When the body weeps tears of blood we need to wonder what terrible sorrows cannot be spoken Brilliantly illustrated with rich clinical material this book offers a practical approach to the diagnosis assessment and treatment of the increasing number of patients whose emotions are expressed through bodily harm The challenges of working with patients who tend to view the world of relationships in terms of predator and prey are clearly explicated and the stormy countertransference responses that threaten to destroy the treatment are given a full hearing Finally she shows how the attachment relationship formed in treatment can repair the traumatic attachment in mind body psyche and soul and can serve as the cornerstone of therapeutic change A Jason Aronson Book **Correct English** ,1899 **When Feeling**

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