

The Eldest Daughter Effect How Firstborn Women Like Oprah Winfrey Sheryl Sandberg Jk Rowling And Beyoncac Harness Their Strengths

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A Memoir of Seven Generations Penguin

Once upon a time, a duke had five daughters who never made a stir. They practiced their French, their pianoforte, and their dancing...until one ran off with the dancing instructor, and the rest were left to face the scandal. Lady Eleanor, the Duke of Marymount's eldest daughter, knows the burden is hers: she must marry well to restore the family name. So a loveless match is made and her fate is set. But then Eleanor meets her intended's rakish younger brother. With his tawny hair, green eyes, and scandalous behavior, Lord Alexander Raybourn makes her want to be very bad indeed. With his very honorable sibling too busy saving the world to woo Eleanor, Alexander is tasked with finding out her likes and dislikes for his elder brother. But the more time he spends with the secretly naughty Eleanor, helping her tick off all the things on her good list for being bad, the more he knows what they want, and need, is each other.

Oldest Daughters HarperCollins

Transform Your Relationship With Your Mother If you liked Melody Beattie's Codependent No More or Henry Cloud's Boundaries, you'll love Difficult Mothers, Adult Daughters Difficult mother? The best news on the planet is that your mother doesn't have to change in order for you to be happy. In fact, author Karen C.L. Anderson will take it a step further and say, your difficult mother doesn't have to change in order for you to be free, peaceful, content, and joyful. Narcissistic mother? You can emotionally separate without guilt. Inspired by her own journey, Anderson's Difficult Mothers, Adult Daughters shows women how to emotionally separate from their difficult mothers without guilt and anxiety, so they can finally create a life based on their own values, desires, needs, and preferences. Learn through the experiences of others: The book is filled with personal stories and experiences, practical tools, and journal prompts that can be used now to feel better. Anderson compassionately leads women struggling in their relationships with their difficult mothers through a process of self-awareness and understanding. Karen's experience with hundreds of women has resulted in cases of profound growth and transformation. Funny and compassionate: This book is about Karen discovering and accepting the whole of who she is (separate from her mother), and making her discoveries accessible to women struggling to redefine their challenging relationships with their mothers. Her writing is relatable, real, funny, and compassionate. What you'll learn inside this book: Why mothers and daughters can have difficult relationships How to heal and transform your mother "wounds" How to tell your stories in a way that empowers How to handle the uncomfortable emotions that seem inevitable The art of creating, articulating, and maintaining impeccable boundaries How to stop "shouldering" How to "re-mother" yourself and acknowledge, honor, and meet your needs

The Legacy of Loss, Second Edition Standard Ebooks

When the sister who delighted their parents by her faithful embrace of Mexican culture dies in a tragic accident, Julia, who longs to go to college and move into a home of her own, discovers from mutual friends that her sister may not have been as perfect as believed.

A Novel Simon and Schuster

"What do Angela Merkel, Hillary Rodham Clinton, Christine Lagarde, Oprah Winfrey, Sheryl Sandberg, JK Rowling and Beyoncé have in common?" was the headline in the English newspaper The Observer in 2014. "Other than riding high in Forbes list of the world's most powerful women," journalist Tracy McVeigh wrote in answer to her own question, "they are also all firstborn children

in their families. Firstborn children really do excel." So what does it mean to be an eldest daughter? Firstborns Lisette Schuitemaker and Wies Enthoven set out to discover the big five qualities that characterize all eldest daughters to some degree. Eldest daughters are responsible, dutiful, thoughtful, expeditious and caring. Firstborns are more intelligent than their siblings, more proficient verbally and more motivated to perform. Yet at the same time they seriously doubt that they are good enough. Being an eldest daughter can have certain advantages, but the overbearing sense of responsibility often gets in the way. Parents may worry about their 'difficult' eldest girl who wants to be perfect in everything she does whilst her siblings may not always understand her. "The Eldest Daughter Effect" shows how firstborn girls become who they are and offers insights that can give them more freedom to move. And parents will gain a better understanding of their firstborn children and can support them more fully on their way.

How Inherited Family Trauma Shapes Who We Are and How to End the Cycle New Harbinger Publications

From a Pulitzer Prize and National Book Award finalist, a ferociously intimate story of a family facing the ultimate question: how far will we go to save the people we love the most? When Margaret's fiancée, John, is hospitalized for depression in 1960s London, she faces a choice: carry on with their plans despite what she now knows of his condition, or back away from the suffering it may bring her. She decides to marry him. Imagine Me Gone is the unforgettable story of what unfolds from this act of love and faith. At the heart of it is their eldest son, Michael, a brilliant, anxious music fanatic who makes sense of the world through parody. Over the span of decades, his younger siblings -- the savvy and responsible Celia and the ambitious and tightly controlled Alec -- struggle along with their mother to care for Michael's increasingly troubled and precarious existence. Told in alternating points of view by all five members of the family, this searing, gut-wrenching, and yet frequently hilarious novel brings alive with remarkable depth and poignancy the love of a mother for her children, the often inescapable devotion siblings feel toward one another, and the legacy of a father's pain in the life of a family. With his striking emotional precision and lively, inventive language, Adam Haslett has given us something rare: a novel with the power to change how we see the most important people in our lives. "Haslett is one of the country's most talented writers, equipped with a sixth sense for characterization"-Wall Street Journal "Ambitious and stirring . . . With Imagine Me Gone , Haslett has reached another level."-New York Times Book Review

Born to Win National Academies Press

Sheila Munro is the daughter of one of the world's most admired fiction writers: Alice Munro, three-time winner of Canada's prestigious Governor General's Award. In Lives of Mothers and Daughters, she reveals what it was like to grow up with a mother of such tremendous renown. At the core of the book lies a loving and intimate biography of Alice, presented as only a daughter can. Sheila traces the story back to her ancestors, who left Scotland in the early 19th century, before telling of Alice's birth in 1931, her youth growing up on an Ontario farm, and her two marriages, and two grandchildren--Sheila's own children. Sheila has a tale to tell that's her own as well, involving her writerly aspirations and her efforts to forge a unique path while following in her mother's footsteps. And so, from her perspective as both an author and a mother, Sheila writes frankly about her mother and her mother's writing. The legions of devoted Alice Munro fans will glimpse real-life settings, situations and characters that have worked their way into her fiction as Sheila offers a behind-the-scenes tour (replete with Munro family snapshots) of the inspirations for the tales Munro fans know and love.

Making Your Birth Order Work for You Ember

An exploration of the self-fulfilling lives of people who, by chance or choice, have no children of

their own • Investigates the life choices people make around having children and alternate ways of finding purpose in life • Based on a global survey and more than 50 in-depth interviews with childless and childfree women and men aged 19 to 91 from different cultures and walks of life • Enables readers to place their own circumstances in a larger context as they gain insight in the worldwide trend of people who lead a self-fulfilling, childless life Not having children is on the rise in many countries across the globe. August 1st has been named International Childfree Day, with a Childfree Woman and Man of the Year Award. Yet being childless is a subject not much talked about--the focus tends to be on having families and raising children, in rural, town, or city life. Let's talk about not having children, about what people like us do with our time, about how we spend our money, and--most of all--how we find purpose and fulfilment in our lives. Never attracted to family life herself, Lisette Schuitemaker began openly discussing why people didn't have children and how that was for them, resulting in intimate conversations with childless women and men and surprising insights. Inspired to delve further, she interviewed non-parenting people aged 19 to 91 across the globe. She found that no story was like the other and that many had been waiting to be listened to with sensitivity. She heard stories across the spectrum, from exhilarating to painful, from people still on the fence to the childfree who have always known starting a family was not for them. Complementing her interview findings with a worldwide survey and recent research, the author paints a rich picture of the individual lives of childless and childfree women and men. This book is for everyone who has not gone the way of parenthood, who has close family or friends who lead self-directed lives without offspring, and for all those who are still contemplating this essential life choice. The stories in this book also testify that not having children of your own in no way means the joys (and trials) of children pass you by altogether. This book shows that it is ok to celebrate not only the parenting way of life and the children who come to those who love them, but also those who are brave enough to follow the lesser known path of non-parenting. What the Bonds Among Brothers and Sisters Reveal About Us The Eldest Daughter EffectHow First Born Women - like Oprah Winfrey, Sheryl Sandberg, JK Rowling and Beyoncé - Harness their Strengths

Sending a scathing email to his family members after becoming convinced he will die within days, a proud Greek immigrant garners laughter and scorn from his recipients, who are dismayed when he promptly disappears.

King Lear Faber & Faber

The groundbreaking guide to self-healing and getting the love you missed. Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can't quite put a finger on what's missing from their lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting, harmful effects. Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering. In this second edition of her pioneering book, with compassion for mother and child alike, she explains: Possible reasons your mother was distracted or hurtful—and what she was unable to give The lasting impact of childhood emotional neglect and abuse How to find the child inside you and fill the “mother gap” through reflections and exercises How to secure a happier future for yourself (and perhaps for your children)

The Sibling Effect Union Square Press

Things have never been easy for Oscar. A ghetto nerd living with his Dominican family in New Jersey, he's sweet but disastrously overweight. He dreams of becoming the next J.R.R. Tolkien and he keeps falling hopelessly in love. Poor Oscar may never get what he wants, thanks to the Fukú - the curse that has haunted his family for generations. With dazzling energy and insight Díaz

immerses us in the tumultuous lives of Oscar; his runaway sister Lola; their beautiful mother Belicia; and in the family's uproarious journey from the Dominican Republic to the US and back. Rendered with uncommon warmth and humour, *The Brief Wondrous Life of Oscar Wao* is a literary triumph, that confirms Junot Díaz as one of the most exciting writers of our time.

[Memories Before and After the Sound of Music](#) Paramount Pictures

There are many factors affecting a child's personality and the adult they become, yet the least understood but most emphatic influence on personality is birth order. Why is it that children in a family can share the same gene pool, a similar socio-economic environment and experience similar parenting styles yet have fundamentally different personalities, interests and even different careers as adults? Birth order! The implications for parents, teachers and adults involved with children are many. This book also provides answers to all your questions about the personality and behaviour of your colleagues, life partner, friends and siblings. And perhaps explains some of your own ambitions and quirks. Addressing multiple births, special-needs children, genetic engineering, blended families, gender balance, single children and birth-order balance in the workplace, parenting expert and father of three Michael Grose challenges parents to raise each child differently according to his or her birth order.

How Middleborns Can Harness Their Unexpected and Remarkable Abilities Simon and Schuster

The Eldest Daughter Effect
How First Born Women - like Oprah Winfrey, Sheryl Sandberg, JK Rowling and Beyoncé - Harness their Strengths
Findhorn Press

Hold On to Your Kids HarperCollins

The acclaimed debut novel by the author of *Little Fires Everywhere* and *Our Missing Hearts* "A taut tale of ever deepening and quickening suspense." —O, the Oprah Magazine "Explosive . . . Both a propulsive mystery and a profound examination of a mixed-race family." —Entertainment Weekly "Lydia is dead. But they don't know this yet." So begins this exquisite novel about a Chinese American family living in 1970s small-town Ohio. Lydia is the favorite child of Marilyn and James Lee, and her parents are determined that she will fulfill the dreams they were unable to pursue. But when Lydia's body is found in the local lake, the delicate balancing act that has been keeping the Lee family together is destroyed, tumbling them into chaos. A profoundly moving story of family, secrets, and longing, *Everything I Never Told You* is both a gripping page-turner and a sensitive family portrait, uncovering the ways in which mothers and daughters, fathers and sons, and husbands and wives struggle, all their lives, to understand one another.

Adult Children of Emotionally Immature Parents Penguin

Written in the style of a memoir, *My Antonia* chronicles Jim Burden's friendship with the daughter of a Czech immigrant family. Recently orphaned, he moves west to Nebraska to live with his grandparents. Riding the same train is the Shimerda family, who are also on their way to settle in the area. The Shimerdas have a difficult life as pioneers: living in a sod house, working the fields, and running out of food in the winter. Jim soon becomes smitten with Antonia, the eldest daughter, as they grow up and explore the landscape around them together. Through his eyes, we see both how she shapes the land around her and is shaped by the rigors of poverty. Similarly to Jim, Willa Cather spent her early years in Nebraska but most of her adult life in Eastern cities. She pays homage to her homeland with her *Prairie Trilogy* of novels: *O Pioneers!*, *The Song of the Lark*, and *My Antonia*. They are tinged with her characteristic straightforward language, reverence for nature, and nostalgia, even as she acknowledges the hardships of the past. Published in 1918 to great enthusiasm, *My Antonia* is considered one of Cather's finest works and a defining point in her identity as a writer. This book is part of the Standard Ebooks project, which produces free public

domain ebooks.

Turning Negative Self-Talk Around Random House

"What do Angela Merkel, Hillary Rodham Clinton, Christine Lagarde, Oprah Winfrey, Sheryl Sandberg, JK Rowling and Beyoncé have in common?" was the headline in the English newspaper *The Observer* in 2014. "Other than riding high in Forbes list of the world's most powerful women," journalist Tracy McVeigh wrote in answer to her own question, "they are also all firstborn children in their families. Firstborn children really do excel." So what does it mean to be an eldest daughter? Firstborns Lisette Schuitemaker and Wies Enthoven set out to discover the big five qualities that characterize all eldest daughters to some degree. Eldest daughters are responsible, dutiful, thoughtful, expeditious and caring. Firstborns are more intelligent than their siblings, more proficient verbally and more motivated to perform. Yet at the same time they seriously doubt that they are good enough. Being an eldest daughter can have certain advantages, but the overbearing sense of responsibility often gets in the way. Parents may worry about their 'difficult' eldest girl who wants to be perfect in everything she does whilst her siblings may not always understand her. "The Eldest Daughter Effect" shows how firstborn girls become who they are and offers insights that can give them more freedom to move. And parents will gain a better understanding of their firstborn children and can support them more fully on their way.

[Difficult Mothers, Adult Daughters](#) Standard Ebooks

New York Times bestselling author Diane Chamberlain delivers a thrilling, mind-bending novel about one mother's journey to save her child. When Carly Sears, a young woman widowed by the Vietnam war, receives the news that her unborn baby girl has a heart defect, she is devastated. It is 1970, and she is told that nothing can be done to help her child. But her brother-in-law, a physicist with a mysterious past, tells her that perhaps there is a way to save her baby. What he suggests is something that will shatter every preconceived notion that Carly has. Something that will require a kind of strength and courage she never knew existed. Something that will mean an unimaginable leap of faith on Carly's part. And all for the love of her unborn child. *The Dream Daughter* is a rich, genre-spanning, breathtaking novel about one mother's quest to save her child, unite her family, and believe in the unbelievable. Diane Chamberlain pushes the boundaries of faith and science to deliver a novel that you will never forget. Praise for *The Dream Daughter*: "Chamberlain writes with supernatural gifts...fate, destiny, chance and hope combine for a heady and breathless wonder of a read." —Pam Jenoff, New York Times bestselling author of *The Orphan's Tale* "Can a story be both mind-bending and heartfelt? In Diane Chamberlain's hands, it can. *The Dream Daughter* will hold readers in anxious suspense until the last satisfying page." —Therese Fowler, New York Times bestselling author of *Z*

[Lives of Mothers & Daughters](#) Harper Collins

The impact of the first-born daughter's childhood position on her adult life, siblings and spouse shared by more than 100 family members of diverse ethnicities. Results from an online survey of several hundred random participants. The author's own experiences. A contributing psychologist's suggestions for personal transformation.

Why Parents Need to Matter More Than Peers Penguin

Reading this book, you get the sense that Lisette Schuitemaker sees right through you. As if she knows that you gorge on chocolate at times, that you go crazy if people know something you don't, that you are bound to hit the slow cashier one day. Or that in truth you're not here at all with your thoughts. And how ardently you hope that one day someone will truly love you the way you are. You, me, all of us have drawn some conclusions in our childhood: impressions we got as a

young child and the conclusions we jumped to about ourselves, the world and our place in it. These childhood conclusions still produce habitual thoughts that mark our behaviors. "Why didn't I know this before and why don't we all know this?" were the questions that prompted the author to share her insights. Illustrated with examples from her private practice she shows how childhood conclusions are at work in all of us--and how we can turn them around into a positive outlook on ourselves and others. The five childhood conclusions tell you exactly what you think about yourself. And how you could think differently. And gain so much more freedom for living your life. This book is for anyone who is curious where their habitual thoughts arise from.

A Novel of Queen Victoria's Daughter Penguin

A family memoir that traces the myths, legends, and secrets of seven generations of remarkable women All families have their myths and legends. For many years Juliet Nicolson accepted hers-- the dangerous beauty of her flamenco dancing great-great-grandmother Pepita, the flirty manipulation of her great-grandmother Victoria, the infamous eccentricity of her grandmother Vita Sackville-West, her mother's Tory-conventional background. But then Juliet, a distinguished historian, started to question. As she did so, she sifted fact from fiction, uncovering details and secrets long held just out of sight. *A House Full of Daughters* takes us through seven generations of women. In the nineteenth-century slums of Malaga, the salons of fin-de-siecle Washington D.C., an English boarding school during the Second World War, Chelsea in the 1960s, the knife-edge that was New York City in the 1980s, these women emerge for Juliet as people in their own right, but also as part of who she is and where she has come from. *A House Full of Daughters* is one woman's investigation into the nature of family, memory, and the past. As Juliet finds uncomfortable patterns reflected in these distant and more recent versions of herself, she realizes her challenge is to embrace the good and reject the hazards that have trapped past generations.

[But It's Your Family . . .](#) Random House Australia

A psychologist with a reputation for penetrating to the heart of complex parenting issues joins forces with a physician and bestselling author to tackle one of the most disturbing and misunderstood trends of our time -- peers replacing parents in the lives of our children. Dr. Neufeld has dubbed this phenomenon peer orientation, which refers to the tendency of children and youth to look to their peers for direction: for a sense of right and wrong, for values, identity and codes of behaviour. But peer orientation undermines family cohesion, poisons the school atmosphere, and fosters an aggressively hostile and sexualized youth culture. It provides a powerful explanation for schoolyard bullying and youth violence; its effects are painfully evident in the context of teenage gangs and criminal activity, in tragedies such as in Littleton, Colorado; Tabor, Alberta and Victoria, B.C. It is an escalating trend that has never been adequately described or contested until *Hold On to Your Kids*. Once understood, it becomes self-evident -- as do the solutions. *Hold On to Your Kids* will restore parenting to its natural intuitive basis and the parent-child relationship to its rightful preeminence. The concepts, principles and practical advice contained in *Hold On to Your Kids* will empower parents to satisfy their children's inborn need to find direction by turning towards a source of authority, contact and warmth. Something has changed. One can sense it, one can feel it, just not find the words for it. Children are not quite the same as we remember being. They seem less likely to take their cues from adults, less inclined to please those in charge, less afraid of getting into trouble. Parenting, too, seems to have changed. Our parents seemed more confident, more certain of themselves and had more impact on us, for better or for worse. For many, parenting does not feel natural. Adults through the ages have complained about children being less respectful of their elders and more difficult to manage than preceding generations, but could it be that this time it is for real? -- from *Hold On to Your Kids*