



# **The Unavailable Father: Seven Ways Women Can Understand, Heal, and Cope with a Broken Father-Daughter Relationship**

*Sarah S. Rosenthal*

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Strategies for overcoming a damaged father/daughter relationship Problems between fathers and daughters can damage a young girl's identity, convince her she's unloveable or without worth, and send her into unhealthy adult relationships. This groundbreaking book includes in-depth stories and case histories of a broad spectrum of women over 25 who have recovered and flourished in their professional and personal lives despite the lack of a father's recognition and affection. While the legacy of pain that these fathers leave is deep, there is much that can be done to alleviate and even conquer it. Using these women's stories as well as her insights from her private practice, the author outlines basic strategies to overcome the void left by an abusive, absent, alcoholic, mentally ill, irresponsible, selfish, or unloving father. Written by Sarah Simms Rosenthal who has a thriving practice in New York City Reveals how to understand the truth about your childhood Includes strategies for discovering and analyzing past adult relationship mistakes-both personal and professional Offers successful techniques for establishing new patterns of behavior The women whose stories are told in The Unavailable Father have learned to recognize and change the patterns instigated by their dysfunctional fathers and have moved forward, fulfilled.

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