

Living in the Shadow of the *Too-Good Mother* Archetype

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**LIVING
IN THE SHADOW
of the
TOO-GOOD
MOTHER
ARCHETYPE**

*reveals the truth about being
a good enough mother
and dispels the myths of
being a perfect parent*

PATTI ASHLEY, Ph.D.

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“the problem that has no name”

LIVING IN THE SHADOW OF THE *TOO-GOOD MOTHER* ARCHETYPE is a journey into the heart and soul of mothering. It takes you to places that have remained hidden due to out-dated beliefs about what it means to be a good mother. The book reveals the truth about being a good-enough mother and dispels the myths of being a perfect parent.

Based on 32 years of working in pediatric, mental health and public education settings; a doctoral dissertation; and experience of raising four children, Dr. Patti Ashley has written a book that transforms how women feel about themselves as mothers.

In 1963 Betty Friedan's book *The Feminine Mystique*, revealed that many mothers were feeling empty, incomplete and invisible, which Friedan labeled “the problem that has no name.” Even though times have changed quite a bit since 1963, a 2008 study by Maria Shriver and the Center for American Progress revealed that many women still express similar feelings of isolation and emptiness. (The Shriver Report)

LIVING IN THE SHADOW OF THE *TOO-GOOD MOTHER* ARCHETYPE is a book that helps women connect more deeply to themselves and others, therefore feeling more authentic, mindful and whole. It weaves real stories and common themes into archetypal mythology and the rapidly changing roles of women, creating the fabric of a new parenting paradigm.



Patti Ashley, Ph.D. is a mother of four children, ages twenty-five through thirty-two, and a grandmother to two. Patti has 32 years of experience working as an educator and therapist. She also works as a liaison between schools, physicians and families. She owns *Breakthrough Psychotherapy and Parent Coaching* in Boulder Colorado, where she helps individuals and families breakthrough barriers to personal freedom and authentic growth.

Dr. Ashley has developed parent education and support groups in pediatric practices and women's centers; taught courses in early childhood development at Old Dominion University and Naropa University; published parenting articles in *The Hampton Roads Shopper*, *Kids Pages*, and other local publications. She is frequently called upon to address community organizations such as PTA's and early childhood agencies.

Dr. Patti Ashley completed a doctoral degree in psychology from the Union Institute and University; a master of science degree in education from Old Dominion University; and a bachelor of science degree in special education from James Madison University. However, raising children has been her greatest teacher.

Patti believes that children are Divine Teachers, and that truth can be seen through their eyes. In her free time you will find her dancing to live music outdoors under the Colorado sky.

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