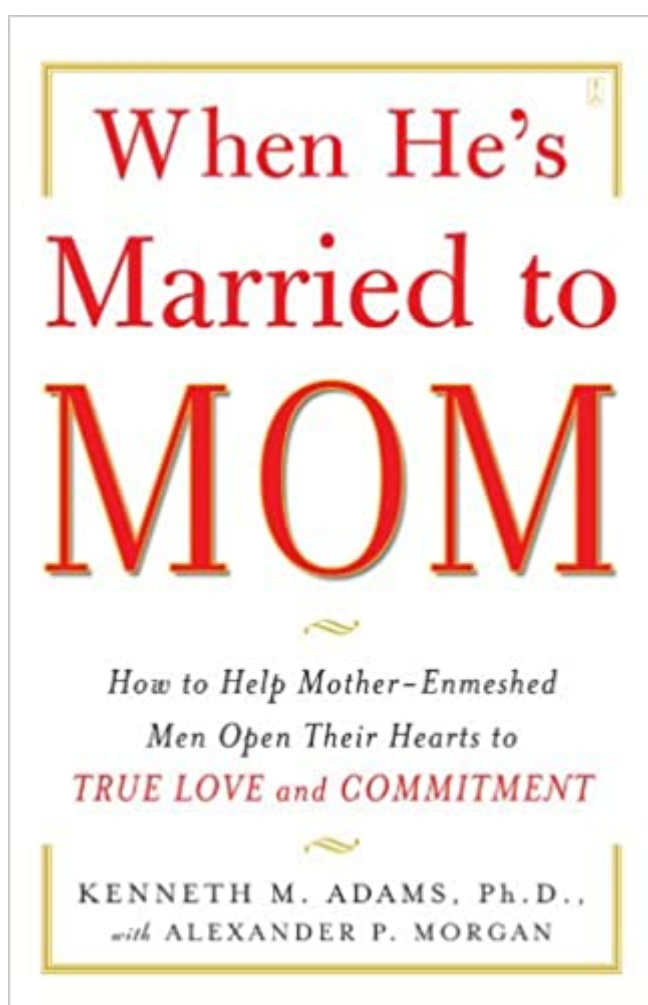


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# When He's Married To Mom: How To Help Mother-Enmeshed Men Open Their Hearts To True Love And Commitment



## Synopsis

When a Woman Is in an Emotional Tug-of-War for Her Man's Heart Why can't he commit? Many women find themselves asking this question when in love with a man who won't get married, won't stop womanizing, or refuses to give up his sex addictions. Often this kind of man is bound by an unhealthy attachment to his mother. This phenomenon is called "mother-son enmeshment." In *When He's Married to Mom*, clinical psychologist and renowned intimacy expert Dr. Kenneth M. Adams goes beyond the stereotypes of momma's boys and meddling mothers to explain how mother-son enmeshment affects everyone: the mother, the son, and the woman who loves him. In his twenty-five years of practice, Dr. Adams has successfully treated hundreds of enmeshed men and shares their stories in this informative guide. He provides proven methods to make things better, including:

- Guidelines to help women create fulfilling relationships with mother-enmeshed men
- Tools to help mother-enmeshed men have healthy and successful dating experiences leading to serious relationships and marriage
- Strategies to help parents avoid enmeshing their children

*When He's Married to Mom* provides practical and compassionate advice to the women who are involved with mother-enmeshed men, to the mothers who wish to set them free, and to the men themselves.

## Book Information

Paperback: 267 pages

Publisher: Touchstone; 1 edition (March 13, 2007)

Language: English

ISBN-10: 0743291387

ISBN-13: 978-0743291385

Product Dimensions: 5.5 x 0.9 x 8.4 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 51 customer reviews

Best Sellers Rank: #127,514 in Books (See Top 100 in Books) #92 in [Books > Parenting & Relationships > Family Relationships > Parent & Adult Child](#) #120 in [Books > Parenting & Relationships > Parenting > Parenting Boys](#) #581 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Counseling](#)

## Customer Reviews

Psychologist Adams and scientist/writer Morgan revisit territory covered in Adams' first book, *Silently Seduced*: parents and children becoming too close. Here they focus on "men who have

excessive emotional ties to their mothers. They feel trapped, guilty, and disloyal when attempting to follow their own wishes and lead their own lives." Half of the chapters are dedicated to case histories from Adams' psychological practice, outlining seven species of mother-enmeshed men (MEM): commitment-phobe, womanizer, perpetual adolescent, burned-out caretaker, cybersex addict, disappointed hero and lost man. These are followed by a questionnaire designed to determine if the reader is an MEM, and a chapter on seeking therapy. The final third of the book is dedicated to advice: for MEM to improve their interpersonal relationships, for women romantically involved with MEM, and for parents who want to avoid raising MEM. Authors Adams and Morgan offer a logical and practical survey of the Oedipus complex in the modern world. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Dr. Ken Adams has done it again. This book on mother-son enmeshment explains not only this too little understood developmental block, but points the way to liberation. The absence of psychobabble makes it clear reading both for victims and their clinicians." -- John Franklin, Ph.D., Distinguished Professor of Counseling and Addiction Studies, University of Detroit Mercy  
"An engaging, clear, and extremely useful examination of this most common of family problems...." -- John C. Friel, Ph.D., author of *Adult Children*  
"It is a compelling, insightful, and helpful guide out of the sexual and romantic labyrinths families weave." -- Patrick J. Carnes, Ph.D., author of *Out of the Shadows*

What I came away with is the realization that with the encroaching power of women within the family unit, accompanied with the disappearance of positive male influence, many well intended mothers turn to their male off-spring as emotional or marital surrogates. This form of emotional rape and castration creates a culture where we find a growing number of American males - trapped in the quagmire of perpetual adolescence, unable to create emotional and psychological connections within relationships - both intimately and socially. This is a must read on a taboo subject of the exploitation of boys by their mothers.

This book was exactly as I hoped it to be.....a learner's manual as to why some men cannot separate their relationship with their mother from their relationship with their wife. It explains why a man cannot treat his mother and his wife with the respect level, nevertheless, mom is always on a pedestal. It explains why some mothers cannot and will not "cut the cord" from their sons and why

they can be jealous and insecure of their son's marriage. This book explains my ex to a "T" in every way! I never imagined or understood in my 20 years of marriage why he acted or even reacted to me the way he did until I read this book and wished I would've seen the "writing on the wall" long before now. Unfortunately, after 20 years of marriage, all respect levels on both parts, his and mine, diminished and the end result was letting go of a man who would not and could not support his wife but ALWAYS supported mom, even after causing the destruction of his marriage!

This book is written in a way that is engaging, the author Kenneth Adams tells stories of his clients (names and places changed) in an insightful engaging manner helping the reader understand the dynamics of men who are enmeshed with their mothers and how this plays out in their adult lives regardless of whether they are still in touch with their mother or not. VERY helpful book I feel for all men and all mothers with sons and oh for anyone who is in a relationship with a man as well. First self help book I had trouble putting down!!

I absolutely loved this book. For anyone dating or married to a "mana's boy" this is a must-read. So eye opening

Arrived on time and as expected

A must read for any man who has difficulty with commitment with women, boundaries with women and especially his mother. For a mother who loves her son and is interested in his emotional wellbeing. Any father who has a wife who uses their son for emotional support.

None of the descriptions and stories in this book quite describe the bizarre & unique relationship that my husband has with his mommy. I thought I could relate to at least one of the situations, but story after story, none of them quite hit the nail on the head. In my opinion, this book basically blames mommy for everything that is wrong with her son. While that may be true (after all, SHE raised him), I still think there is something wrong with a guy when he spends more time worrying and thinking about his mommy than he does his wife and daughter. When he calls mommy every single day, several times a day, whenever he has time away from the wife. As soon as the wife leaves the house, the man picks up the phone and calls mommy. Kinda like, "when the cat's away, the mice will play." Strange. And he keeps his relationship and all his interactions and phone calls to mom a big secret, as if she is his lover instead of his mom. Anyway, the book doesn't really delve

into that, so a wife of a mama's boy is left with the feeling that, "Okay, it's all HER fault. So now what? Am I supposed to hate her and forgive him and keep putting up with this crap because he, too, is a victim?" That doesn't really cut it for me. This book was a waste of my time & money.

This book lifted a huge weight off of my shoulders. As a partner of a MEM, I feel validated, guided and hopeful. I now have a clear path of how to help encourage him to explore this topic and improve relationships.

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