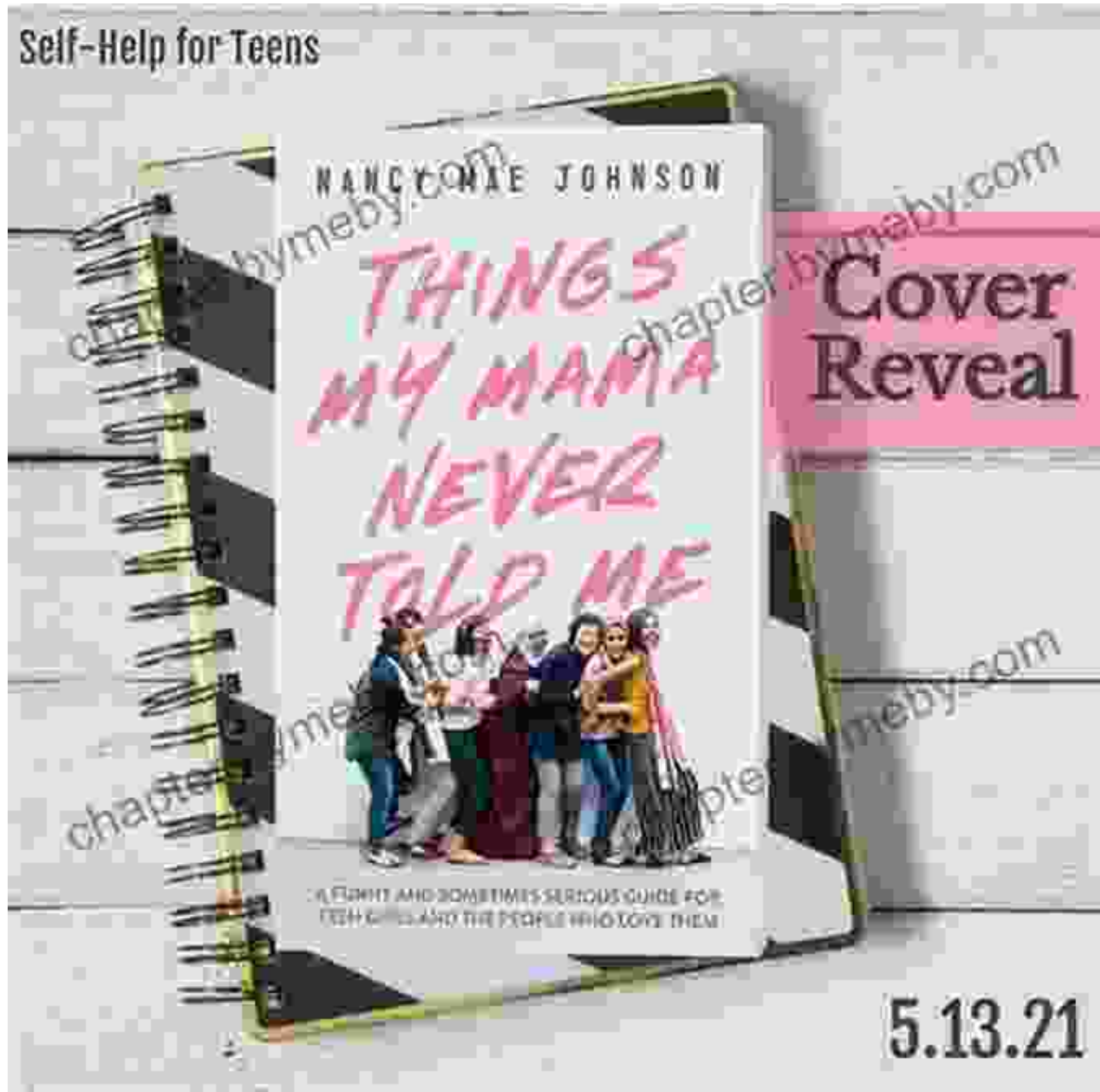


# Unveiling the Secrets: Things My Mama Never Told Me



5.13.21

From the first breath you take, your mother is there to guide you, protect you, and love you unconditionally. But what happens when the things you need to know most are the things your mama never tells you?

In her groundbreaking book, *Things My Mama Never Told Me*, award-winning author and speaker Dr. Crystal C. Fleming explores the unspoken truths that can shape our lives—for better or for worse. Drawing on her own experiences as a daughter, mother, and therapist, Dr. Fleming uncovers the secrets that our mothers often keep hidden, from the complex dynamics of family relationships to the challenges of navigating racial and gender identity.



## **Things My Mama Never Told Me** by Nancy Johnson

★★★★☆ 4.9 out of 5

Language	: English
File size	: 5131 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 293 pages
Lending	: Enabled
Screen Reader	: Supported



Through personal stories, research, and expert insights, Dr. Fleming provides a roadmap for understanding the unspoken messages we receive from our mothers and the ways they can impact our choices, our relationships, and our overall well-being. She challenges the traditional narrative of motherhood and empowers readers to break free from the limitations of the past and create a future that is truly their own.

*Things My Mama Never Told Me* is an essential read for anyone who has ever wondered about the secrets their mother kept. It is a book that will change the way you think about motherhood, family, and yourself.

**Free Download your copy today and start uncovering the truth.**

## **What Readers Are Saying**

"*Things My Mama Never Told Me* is a must-read for anyone who has ever felt like they didn't know their mother. Dr. Fleming's insights are both profound and practical, and they will help you understand the unspoken messages that have shaped your life."

- Oprah Winfrey

"Dr. Fleming's book is a powerful exploration of the untold stories of motherhood. It is a must-read for anyone who wants to understand the complex dynamics of family relationships."

- Brené Brown, author of *Daring Greatly*

"*Things My Mama Never Told Me* is a groundbreaking book that will change the way you think about motherhood. Dr. Fleming's insights are essential reading for anyone who wants to understand the impact of their mother's unspoken messages."

- Glennon Doyle, author of *Untamed*

## **About the Author**

Dr. Crystal C. Fleming is an award-winning author, speaker, and therapist. She is the founder of the Mamavation Movement, a global community dedicated to empowering mothers. Dr. Fleming is a regular contributor to *The Huffington Post*, *Psychology Today*, and *The Washington Post*. She

has appeared on *The Today Show*, *Good Morning America*, and *Oprah's SuperSoul Sunday*.

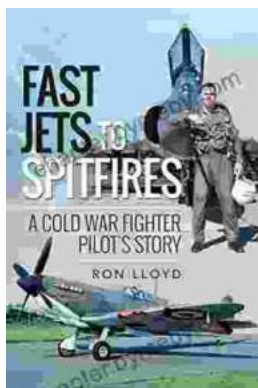
Dr. Fleming is passionate about helping mothers to understand the unspoken messages that they receive from their own mothers and the ways these messages can impact their lives. She believes that by breaking free from the limitations of the past, mothers can create a future that is truly their own.



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