

Unveiling the Hidden Scars: Looking for Answers When the Dad Piece Is Missing



The Last Dad: Looking for Answers When the Dad Piece is Missing by Katherine Cain

★★★★★ 5 out of 5

Language : English



File size	: 774 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 350 pages
Lending	: Enabled



In Looking for Answers When the Dad Piece Is Missing, therapist and author Jordanna Cohen dispenses over 100 straightforward prompts to help fatherless and father-hungry individuals explore the profound effect of the missing father figure.

Cohen, herself the daughter of a father who was both physically and emotionally absent, knows firsthand the challenges and pain that come with growing up without a dad. In this groundbreaking book, she shares her personal story and offers a compassionate and practical guide for others who are struggling with similar issues.

Through a series of thought-provoking prompts, Cohen encourages readers to delve deep into their own experiences and emotions. She explores topics such as:

- The impact of a father's absence on identity and self-esteem
- The search for father figures and the challenges of forming healthy relationships
- The grieving process and the importance of finding closure
- Forgiveness and the possibility of healing

Whether you are a fatherless adult, a father-hungry individual, or a professional working with fatherless individuals, this book provides invaluable insights and tools for understanding and healing the wounds of the missing father figure.

Praise for *Looking for Answers When the Dad Piece Is Missing*

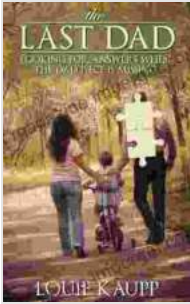
"Jordanna Cohen has written a powerful and moving book that gives voice to the millions of people who have grown up without a father. Her personal story and the prompts she provides are invaluable resources for anyone who is struggling with the challenges of fatherlessness." - **Dr. Gabor Maté, author of *In the Realm of Hungry Ghosts: Close Encounters with Addiction***

"*Looking for Answers When the Dad Piece Is Missing* is a must-read for anyone who has been affected by the absence of a father figure. Jordanna Cohen's compassionate and practical approach provides a roadmap for healing and finding wholeness." - **Terry Real, author of *The New Rules of Marriage***

About the Author

Jordanna Cohen is a licensed psychotherapist and the author of several books, including *The Anxiety Cure for Teens* and *Breaking Free from Body Shame*. She has appeared on numerous television and radio shows, including *The Oprah Winfrey Show* and *Good Morning America*. Cohen is a sought-after speaker and workshop leader on the topics of fatherlessness, anxiety, and body image.

To learn more about Jordanna Cohen and her work, visit her website at www.jordannacohen.com.



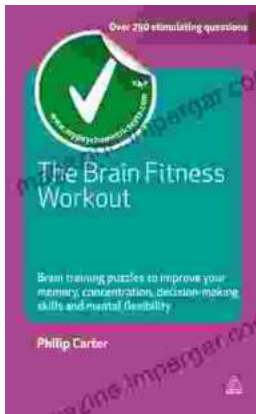
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