

# Always Too Much and Never Enough: A Memoir

By Mary Trump

In her searingly honest memoir, *Always Too Much and Never Enough*, Mary Trump, Ph.D., draws on her unique perspective as a clinical psychologist and as the daughter of Fred Trump to provide a deeply personal and insightful account of her tumultuous relationship with her narcissistic mother, Mary Anne MacLeod Trump.

Mary Trump's story is one of a daughter who yearned for her mother's love and approval but was met instead with a relentless barrage of criticism, manipulation, and emotional abuse. She describes in vivid detail the devastating impact of her mother's behavior on her self-esteem, her relationships, and her overall well-being.



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★★★★☆ 4.6 out of 5

Language : English  
File size : 1195 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 340 pages

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Through her own journey of healing, Mary Trump has come to understand the profound psychological damage that narcissistic parents can inflict on their children. She shares her insights and offers practical strategies for others who may be struggling with the effects of narcissistic parenting.

With courage and compassion, Mary Trump exposes the hidden world of narcissistic relationships, shedding light on a destructive pattern of behavior that affects millions of families. *Always Too Much and Never Enough* is a must-read for anyone who has been touched by narcissism.

## **Reviews**

"Mary Trump's memoir is a powerful and illuminating account of the devastating effects of narcissistic parenting. She writes with courage, compassion, and insight, offering valuable lessons for anyone who has been affected by this type of abuse." -**Dr. Robin Stern, author of *The Gaslight Effect***

"A raw, riveting, and ultimately hopeful story of a daughter's struggle to come to terms with her narcissistic mother. Mary Trump's insights are invaluable for anyone who has experienced the pain of narcissistic parenting." -**Dr. Craig Malkin, author of *Recovering from Narcissistic Abuse***

"Mary Trump's memoir is a brave and important work that sheds light on the hidden world of narcissistic relationships. Her insights are essential reading for anyone who wants to understand the dynamics of this destructive pattern of behavior." -**Dr. Elinor Greenberg, author of *Free Downloadline, Narcissistic, and Schizoid DisFree Downloads***

## About the Author

Mary L. Trump, Ph.D., is a clinical psychologist. She received her doctorate in clinical psychology from the Derner Institute of Adelphi University. She is the author of the bestselling book, *Too Much and Never Enough: How My Family Created the World's Most Dangerous Man*, which was published in 2020.

Mary Trump has appeared on numerous television and radio programs to discuss her work, including *The Today Show*, *Good Morning America*, and *The View*. She has also written articles for publications such as *The New York Times*, *The Washington Post*, and *The Guardian*.

Mary Trump is a sought-after speaker on the topics of narcissism, family dynamics, and mental health. She has given lectures at universities, conferences, and other venues around the world.



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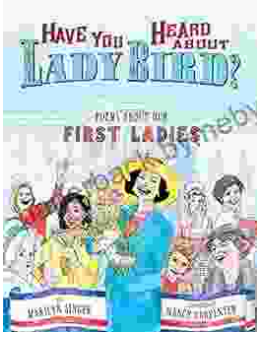
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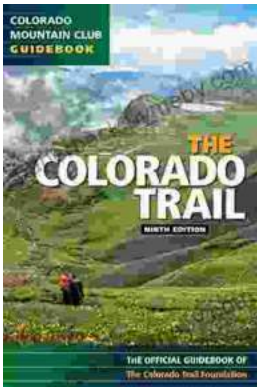
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