

Raquel G. Shares Her Raw, Revelatory Debut Memoir on Surviving a Toxic Upbringing

Raquel G.'s debut memoir *This Is Not My Mother* reveals the hidden wounds of being raised by a narcissistic mom, breaking silence on maternal abuse while offering courage, healing, and self-worth.

New York City, New York Sep 1, 2025 ([IssueWire.com](https://www.issuewire.com)) - In a courageous literary debut, author Raquel G. dismantles one of society's most enduring taboos that motherhood is synonymous with love in her powerful memoir, *This Is Not My Mother (I Was Raised by a Narcissistic Mom and Didn't Know It)*. With striking emotional clarity and refreshing candor, Raquel invites readers into the silent suffering of those raised by narcissistic parents, particularly daughters whose pain is often dismissed.

The memoir captures Raquel's lived experience growing up under the psychological shadow of a mother whose behavior was controlling, invalidating, and emotionally abusive. She traces the arc of her journey: from confusing childhood and the internalized shame of being labeled the "family scapegoat" to the hard-won self-awareness and healing that came from confronting her truth head-on.

"For a long time, I questioned whether my story was worth telling," Raquel shares. "But the silence around maternal narcissism is isolating—and if someone else can see themselves in my experience, then maybe they'll finally feel seen too."

Raquel explores the psychological markers of narcissistic parenting and its lifelong imprint, helping readers recognize the patterns that leave children emotionally wounded and constantly seeking approval that never comes. Rather than offering easy platitudes, *This Is Not My Mother* extends hard-earned wisdom to those trying to reclaim their self-worth. It speaks directly to women, especially women of color, who feel burdened by generational trauma, societal expectations, and the cultural myth of the always-loving mother.

The memoir interrogates the cost of silence, the strength required to sever toxic emotional ties, and the healing power of self-validation. Readers will walk away not only with greater understanding but with the courage to choose themselves.

[***This Is Not My Mother \(I Was Raised by a Narcissistic Mom and Didn't Know It\)***](#) is now available on Amazon.

About the Author:

Raquel G. is a first-time author who never imagined she'd write a book, let alone one so personal. A single mother who raised her daughter on her own, Raquel's greatest motivation was the desire to break the cycle of pain and to speak honestly about the kind of mother-daughter relationship most people are too afraid to name. She writes not as an expert but as someone who has lived the reality and decided that her voice matters.

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