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Colette Dowling is an American writer best known for her 1981 book *The Cinderella Complex: Women's Hidden Fear of Independence*, which was a New York Times best-seller. She has a psychotherapy practice in New York.

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achieve the emotional independence that means so much more than a new job or a new love.

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The fear is that if they really stand on our own two feet, they'll end up stranded - unwomanly, unlovely and unloved. But the prince has vanished: there is no place for a Cinderella today. Colette Dowling believes that only when women come face to face with this realization can they work towards real independence.

The Cinderella Complex: Women's Hidden Fear of ...

The Cinderella complex : women's hidden fear of independence. [Colette Dowling] -- Explores why women have a deeplyrooted psychological wish to be taken care of by someone else and what they can do to be free from it.

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The Cinderella complex : women's hidden fear of ...

Cinderella Complex is a psychological syndrome that states women are unconsciously driven to be dependent on a dominant figure (preferably male). Relational Theory in relation to Cinderella complex...

(PDF) Cinderella Complex: Theoretical Roots to ...

The Cinderella complex was first described by Colette Dowling, who wrote a book on women's fear of independence – an unconscious desire to be taken care of by others. The complex is said to become more apparent as a person grows older. The complex is named after the fairy tale character Cinderella. It is based on the idea of femininity portrayed in that story, where a woman is beautiful, graceful, polite, supportive, hardworking, independent, and maligned by the females of her society, but ...

Cinderella complex - Wikipedia

The Cinderella Complex is an eye opener for all men. All the more compelling because it is written by a woman with an 'insiders' knowledge. I wish I'd read this book in my teenage. The Cinderella Complex would have saved me from an awful lot of heartache, two divorces, and a load of money.

Amazon.com: Customer reviews: The Cinderella Complex ...

Colette Dowling in 1989 Colette Dowling (c. 1938) is an American writer best known for her 1981 book *The Cinderella Complex: Women's Hidden Fear of Independence*, which was a

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New York Times best-seller. She has a psychotherapy practice in New York.

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