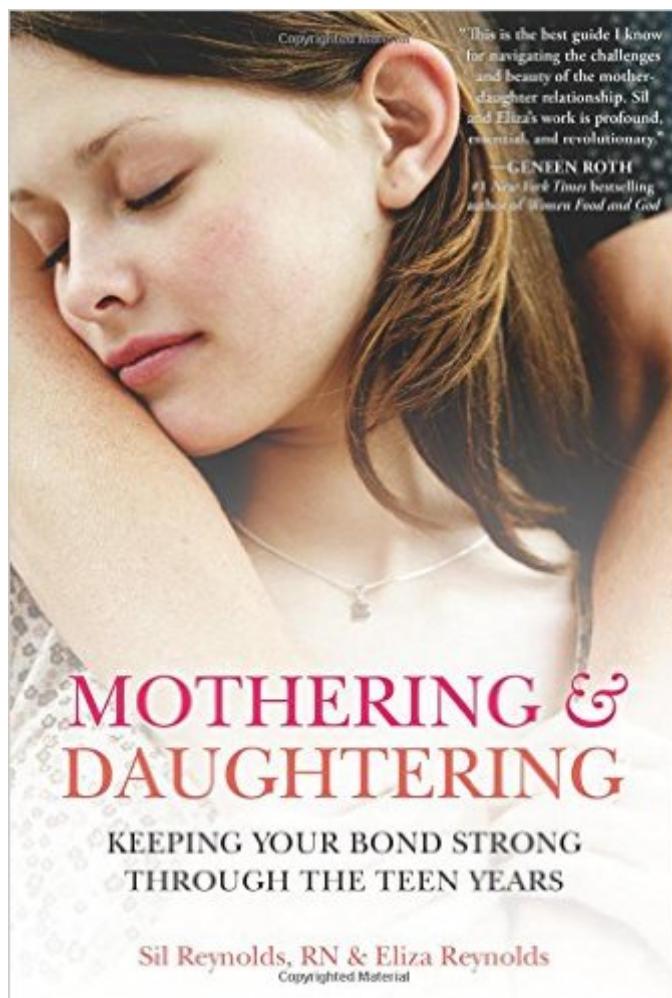


The book was found

Mothering And Daughtering: Keeping Your Bond Strong Through The Teen Years



Synopsis

Mothers and daughters share, and want, a bond for lifeâ •one that can remain positive and grow stronger with each passing year. Sil and Eliza Reynolds have designed a set of tools to assist you in nurturing that bond. If you're locked in a clash of wills or fear the prospect of getting into one, with Mothering and Daughtering you can learn how to build the foundation for a deep and lasting relationship that is a source of support, joy, and love throughout your lives.Offering you two breakthrough guides in one, Mothering and Daughtering was created to help you find and protect the unique treasure that is your relationship. For moms, Sil addresses the central task of stopping the cycle of separation and anxiety that plagues so many, drawing on her clinical expertise to nurture the skills of listening, boundary setting, mirroring, containing, and more. Turn the book over, and Eliza shares empowering advice to teens looking to keep it real with Mom while also finding strength in their own intuition, friendships, and dreams. Packed with practical exercises, activities, and lifesaving insights gleaned from Sil and Eliza's workshops, Mothering and Daughtering explores these essential topics and more:Your best friend known as your intuitionNavigating the treacherous territories of comparison, performance, and perfectionismDispelling the rejection mythSex, positive discipline, and how to prevent a technological take-overWinning the body love battleHealing your emotional legacyHumor, truth, trust, and loveâ •instead of trying to be perfectRepairing ruptures and getting to the bottom of misunderstandingsLocating your fundamental bond that always connects you beneath your daily squabblesâ œNo one, nowhere, connects just like you,â • write Sil and Eliza. Whether you are already thriving in your relationship or merely surviving, Mothering and Daughtering is an indispensable resource to honor and strengthen that one-of-a-kind connection through the years ahead.

Book Information

Paperback: 320 pages

Publisher: Sounds True; 1 edition (April 1, 2013)

Language: English

ISBN-10: 1604078855

ISBN-13: 978-1604078855

Product Dimensions: 0.8 x 6 x 8.8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (38 customer reviews)

Best Sellers Rank: #15,068 in Books (See Top 100 in Books) #30 inÂ Books > Parenting &

Customer Reviews

After I finished Sil and Eliza Reynold's book I bought copies for all of my friends with daughters my daughters' age (age 10). Then I was talking about the book to my friend who has 3 boys, one of them an adolescent, and realized she would benefit from reading it too. My daughter is not quite old enough to read the Daughtering part, but since I AM a daughter as well as a mother, I found it very insightful and healing to read the Daughtering chapters. Eliza's advice about being a daughter is wise way beyond her years. The Mothering chapters are SO valuable for all mothers, and I believe fathers, too. I love the definition Sil gives of mothering: "raising your daughter to become herself." She encourages all parents to follow their own intuition when it comes to parenting. She gives very practical, real world advice about how to keep our children close as they go through the changes of adolescence. She gives real examples of what she did when she and her daughter disagreed on curfews, boyfriends, etc. She acknowledges it can be tough to stand your ground as a parent and explains why it is important. She explains in clear terms why it is important for children not to spend all of their time with their peers and how to put smart boundaries around this. Sil also writes about her relationship with her own mother, and the importance for mothers of looking at the relationship with their own mothers and understanding it. I love this: "I find it useful to think of parenting as the practice of holding a safe psychological and emotional container for our children to grow in. The parent's job is to continue to adjust and readjust and enlarge and strengthen this container as the child matures developmentally."

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