



For Mothers of Difficult Daughters: How to Enrich and Repair the Relationship in Adulthood

Charney Herst

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The first mother-daughter book for mothers, featuring a new Afterword and a Reading Group Discussion Guide

- „ Do you long for a better relationship with your daughter?
- „ Do you occasionally feel as though you have failed as a mother?
- „ Do you blame yourself because your relationship with your daughter is strained, faltering, or nonexistent?
- „ Do you feel that the relationship is unchangeable and that there is no chance that it could become a nurturing and deeply satisfying friendship?

Dr. Charney Herst knows that there is always more than one side to a story, and in her book, *For Mothers of Difficult Daughters*, she uses her twenty-five years of experience as counselor and group therapist to provide mothers with solutions that work. In the book she first helps you understand your particular relationship with your grown daughter--untangling the complex web of personal history and intense emotion inherent in any mother-daughter relationship. Then she describes practical, successful, mother-tested steps you can take to repair this all-important bond.

From the Trade Paperback edition.

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