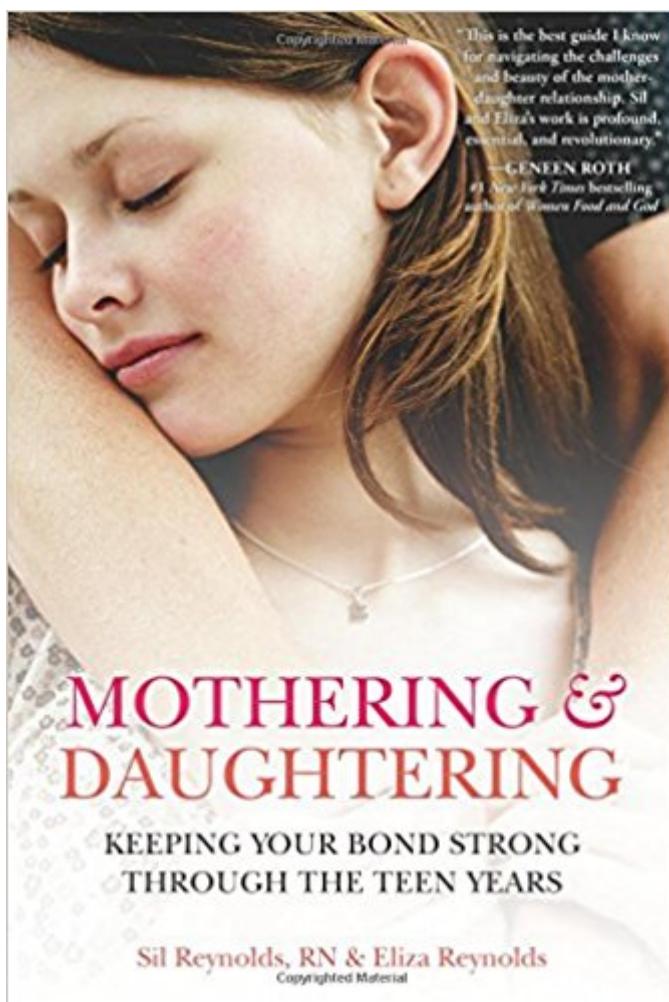


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# Mothering And Daughtering: Keeping Your Bond Strong Through The Teen Years



## 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

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## Customer Reviews

"What I love most about this book is how honest and down-to-earth Sil and Eliza are about themselves and their relationship. Girls and their moms will find comfort and companionship from two people who have themselves struggled -- and who offer strategies and wisdom that will help all of us become more aware, authentic mothers and daughters." -Rachel Simmons, Author of *Odd Girl Out* and *The Curse of the Good Girl* "This book is a precious gem that I wish had been around for my daughters' adolescence. Sil and Eliza give a timeless gift to mothers and daughters to help them deepen their love and understanding of each other before, during, and after adolescence. Moms who dread the thought of raising their daughters in their teen years will value this lifesaver of practical wisdom. Daughters who are in the midst of figuring out who they are separate from their mothers will appreciate Eliza's advice on how to have a supportive relationship with their mothers without constant fighting. Even though my daughters are now wonderful women, I want to share this book with them and look forward to the conversations and new understandings that this book encourages." -Nancy Gruver, Editor *New Moon Girls Magazine* "What Sil and Eliza Reynolds teach mothers and their teenage daughters is profound, essential and revolutionary." -Geneen Roth, #1 New York Times bestselling author of *Women Food and God* "If these challenges between mother and daughter are a generational thing, Sil has surely broken the pattern with her own daughter." -Jane Fonda, actor and author of *My Life So Far* "Sil and Eliza Reynolds' work offers a huge opportunity for mothers and daughters who want to heal and honor soul in their relationship." -Marion Woodman, Jungian analyst and author of *Addiction to Perfection* "Mother-daughter conflict during the teen years is neither inevitable nor healthy. There's another way. Read this book and learn how to keep your mother-daughter bond strong and healthy for a lifetime." -Christiane Northrup, MD, author of the New York Times bestseller *Women's Bodies, Women's Wisdom* "In this powerful book, Eliza and Sil Reynolds offer mothers and daughters the only kind of wisdom really worth giving-a reminder that the big secret to a resilient bond is nothing less than love. They're voices intermingle authentically and eloquently, a model for us all of shared, intergenerational leadership and the power of courageous communication." -Courtney E. Martin, author of *Perfect Girls, Starving Daughters and Do It Anyway* "What you hold in your hands is more than a book-it's a life-line to mothers and daughters who want to move through the teen years with a real, loving, and lasting relationship. Both Sil and

Eliza believe that as girls grow away from childhood and toward adulthood, they actually want and need to stay close to their mothers; and that mothers also want and need closeness, even as they help their girls find their own voice and spread their wings. In this guidebook for a new kind of mother-daughter relationship, Sil and Eliza challenge the stereotype of the broken bond between mother and daughter. They provide inspiration and tools honed from their own experience, and from the hundreds of moms and girls they have helped in their workshops. If you are a mother or a daughter who wants to navigate the teen years side-by-side, please read this book." -Elizabeth Lesser, Cofounder, Omega Institute and author of *Broken Open: How Difficult Times Can Help Us Grow*

Eliza ReynoldsEliza Reynolds currently attends Brown University, where she is studying developmental and social psychology, gender studies, political science, dance, and nonfiction writing. Along with a small and diverse group of teenage girls, Eliza recently served as an advisor to Eve Enslerâ™s *I Am An Emotional Creature: The Secret Lives of Girls Around the World* (Villard, 2010). Eliza was a peer-counselor throughout high school and an S.O.S. trained educator for Planned Parenthood. She continued to use these skills working in Providence city schools as a sexual health educator. For more about Sil and Eliza, please visit [motheringanddaughtering.com](http://motheringanddaughtering.com).Sil ReynoldsSil Reynolds, RN is a therapist in private practice specializing in family medicine, womenâ™s health, and eating disorders. A graduate of Brown University and Pace University Graduate School of Nursing, Sil did post-graduate work with the renowned Jungian analyst and author Marion Woodman and completed Woodmanâ™s three-year BodySoul RhythmsÂ© Leadership Training. Sil has brought her expertise to the Womenâ™s Institute at Omega, where she has been an advisor and a workshop leader in the annual Women and Power conferences.

Great inspiration and tips, both for mothers and daughters. Still have to read the last chapter together with my daughter. I wish I had bought the paper version though. I bought the Kindle-version and it was harder since it is two books in one, to get to the second book, which starts in the middle.

I can't recommend this book enough. These two women are so special and are giving us the mothers the tools to raise our daughters with confidence and love. This book is a much needed tool in today's hectic times. The book gives great exercises to practice with your daughter, understanding her better and validating our roles as mothers in today's society. Their hands on parenting approach works - without hovering, without helicoptering. Buy the book, read it and attend

one of their seminars. Well worth every penny and time you spend!

Couldn't get through it. Really boring.

With insight, wisdom, humor and love this book encourages mothers and daughters to stay connected. If you have ever wondered how to cope with raising your teen daughter(s) during this highly fueled digital age, this book is the antidote. "Mothering and Daughtering: Keeping Your Bond Strong Through the Teen Years" is an amazing validation of what we mothers know instinctively. Eliza gives insight into the wonderful world of a teen and both views, Sil's and Eliza's, offer us all tools to how to relate and stay connected with your daughters during these challenging times. This book is a MUST read for all mothers AND daughters!

Wonderful inspiring book. First saw on a Mighty girl blog/Facebook. Would recommend to moms and daughters especially tween and teens.

Great book to answer questions when you have no where to turn. It can only help improve your relationship. I highly recommend this.

This is a great read for my daughter and i

I was really impressed with this book... it was very interesting reading both "sides" and the point of view from each.

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