



# Daughters and Mothers: Making It Work

Written by Julie Firman

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# Daughters and Mothers: Making It Work

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## Daughters And Mothers Quotes

The mother/daughter relationship is one of the most intense relationships a woman will ever experience-it is strong and primary. This first and essential relationship has a powerful, though often subtle, effect on an adult woman's interactions with her mate, children, friends-and herself. Often, this crucial bond, which was initially based in love, turns into one of anger, guilt and resentment, the effects of which can permeate a woman's life; a burden from the past that is haunting, limiting and debilitating.

## Daughters And Mothers Relationships

In this profound book, coauthors Julie Firman and her daughter Dorothy Firman, both psychotherapists who specialize in mother/daughter workshops, help readers sift through old behavior patterns, feelings and thoughts to transform their relationships and, ultimately, themselves. For every woman who experiences the pain in her relationship with her mother or daughter, there is the promise of finding the joy. The Firmans will help readers grow beyond their limitations into more integrated, freer and more fulfilled women, using stories from their own lives, case studies of other women, and practical, revealing workbook exercises.

## Daughters And Mothers Images

Daughters and Mothers is an essential guide for women who want to heal their relationship and achieve greater acceptance, love and harmony. It book is for women of all ages-and one that is never too late to read.

I was not sure what to expect from this book.The title captivated me. I had challenges interacting with my mother, while I was growing up, and I have two daughters, so the title captivated me.

I really like the assertion that we are not locked into patterns. We are affected by them, but we can change. I also really liked the acknowledgement that we need to understand what experiences our mothers had, in order to understand the challenges between mother and daughter.

I had trouble relating to many I was not sure what to expect from this book.The title captivated me. I had challenges interacting with my mother, while I was growing up, and I have two daughters, so the title captivated me.

I really like the assertion that we are not locked into patterns. We are affected by them, but we can change. I also really liked the acknowledgement that we need to understand what experiences our mothers had, in order to understand the challenges between mother and daughter.

I had trouble relating to many of the examples and therefore found rating the book to be a challenge. If I based the rating only on my own experience, the advice given would rate three stars. However, I recognize that the ideas that did not apply to me could be very helpful to others. ...more

## Daughters And Mothers In Law

This book was loaned to me by an acquaintance when I had expressed some difficulties in my relationship with my daughter. The authors / researchers provided plenty of case examples to support some of the problems and recommended solutions or approaches. At times though if I had paused a few days between readings, I would loose track of some of the case study names and issues presented by the authors.

As I read, I was frequently reflecting back on my relationship with my late Mother. That was a This book was loaned to me by an acquaintance when I had expressed some difficulties in my relationship with my daughter. The authors / researchers provided plenty of case examples to support some of the problems and recommended solutions or approaches. At times though if I had paused a few days between readings, I would loose track of some of the case study names and issues presented by the authors.

As I read, I was frequently reflecting back on my relationship with my late Mother. That was a strange trip down memory lane. What it comes down to in many cases is the need for open, honest communication.

We're making it work the best as we can.

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A great book to refer to when your relationship with your mother or daughter is going awry. It really explains the way we interact with each other and a lot of the common quagmires in the mother daughter relationship. I wouldn't part with my copy for the world.

# Daughters And Mothers

# Daughters And Mothers Book



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