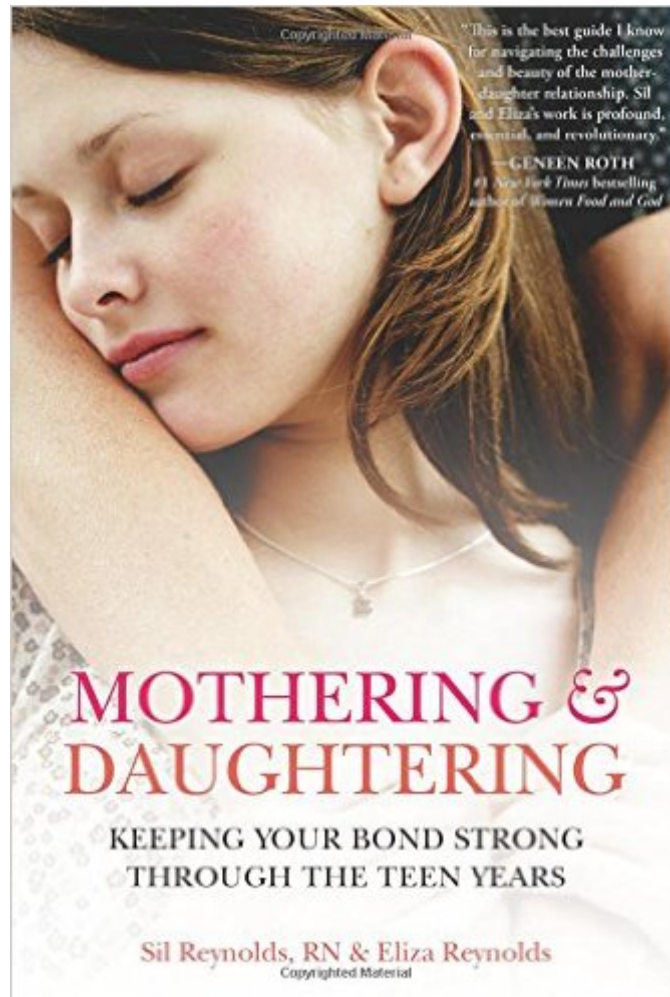


The book was found

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



## Synopsis

Mothers and daughters share, and want, a bond for life—a 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 intuition Navigating the treacherous territories of comparison, performance, and perfectionism Dispelling the rejection myth Sex, positive discipline, and how to prevent a technological take-over Winning the body love battle Healing your emotional legacy Humor, truth, trust, and love—instead of trying to be perfect Repairing ruptures and getting to the bottom of misunderstandings Locating your fundamental bond that always connects you beneath your daily squabbles—No one, nowhere, connects just like you, 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 stars— See all reviews— (38 customer reviews)

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

Relationships > Parenting > Parenting Girls #54 inÂ Books > Parenting & Relationships > Family Relationships > Motherhood #59 inÂ Books > Parenting & Relationships > Parenting > Teenagers

## 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."

[Download to continue reading...](#)

Mothering and Daughtering: Keeping Your Bond Strong Through the Teen Years Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls Mothering Through the Darkness: Women Open Up About the Postpartum Experience The Little Bond eBooklet: Must-Knows About Your Bond Portfolio Mothering the New Mother: Your Postpartum Resource Companion The Bond Book, Third Edition: Everything Investors Need to Know About Treasuries, Municipals, GNMA's, Corporates, Zeros, Bond Funds, Money Market Funds, and More Step by Step Bond Investing - A Beginner's Guide to the Best Investments and Safety in the Bond Market: Step by Step Investing, Volume 3 Step by Step Bond Investing: A Beginner's Guide to the Best Investments and Safety in the Bond Market (Step by Step Investing Book 3) The Strategic Bond Investor: Strategies and Tools to Unlock the Power of the Bond Market

All About Bonds, Bond Mutual Funds, and Bond ETFs, 3rd Edition (All About... (McGraw-Hill))  
INKLINGS colouring book by Tanya Bond: Coloring book for adults & children, featuring 24 single  
sided fantasy art illustrations by Tanya Bond. In this ... & other charming creatures. (Volume 1)  
James Bond Volume 1: VARGR (James Bond 007) Bond of Dreams, Bond of Love, Vol. 3 (Yaoi  
Manga) Bond of Dreams, Bond of Love, Vol. 1 (Yaoi Manga) Bond of Dreams, Bond of Love, Vol. 2  
Bond of Dreams, Bond of Love, Vol. 4 A Teen Yearbook: My Life in My Own Words (The My Teen  
Years Collection Series) Raising Generation Rx: Mothering Kids with Invisible Disabilities in an Age  
of Inequality The Vaccine-Friendly Plan: Dr. Paul's Safe and Effective Approach to Immunity and  
Health-from Pregnancy Through Your Child's Teen Years

[Dmca](#)