



Ophelia's Mom: Loving and Letting Go of Your Adolescent Daughter

Nina Shandler

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MOTHERS TALK BACK!

In 1999 **Ophelia Speaks**, Sara Shandler's collection of writings by and about adolescent girls, became a bestseller. Two years later, Nina Shandler, Ed.D., psychologist by profession and Sara's mother, invited mothers of adolescent girls from all over the country to talk back, giving them the chance, perhaps for the first time, to speak out about feelings too often considered taboo.

Culled from written submissions and interviews with hundreds of women from all walks of life and from every part of the country, the concerns voiced in **Ophelia's Mom** reflect the universal experience of mothers facing one set of changes while their daughters are facing another. With humor, insight, rage, sadness, jealousy, pride, joy, and, ultimately, optimism, these mothers talk candidly about rejection and separation, feminism versus Girl Power, love and sex, friends, school, drugs and alcohol, divorce, menstruation and menopause, the mother-daughter bond, and much more.

As these mothers reveal how this life passage has reshaped them as well as their children, you'll realize that you're not crazy, and you're certainly not alone in your frustration, confusion, and exhilaration over raising an adolescent daughter.

From the Trade Paperback edition.

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This Ophelia's Mom: Loving and Letting Go of Your Adolescent Daughter book is simply not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this publication incredible fresh, you will get info which is getting deeper you read a lot of information you will get. This Ophelia's Mom: Loving and Letting Go of Your Adolescent Daughter without we realize teach the one who reading through it become critical in pondering and analyzing. Don't end up being worry Ophelia's Mom: Loving and Letting Go of Your Adolescent Daughter can bring if you are and not make your tote space or bookshelves' turn into full because you can have it in your lovely laptop even mobile phone. This Ophelia's Mom: Loving and Letting Go of Your Adolescent Daughter having very good arrangement in word in addition to layout, so you will not really feel uninterested in reading.

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