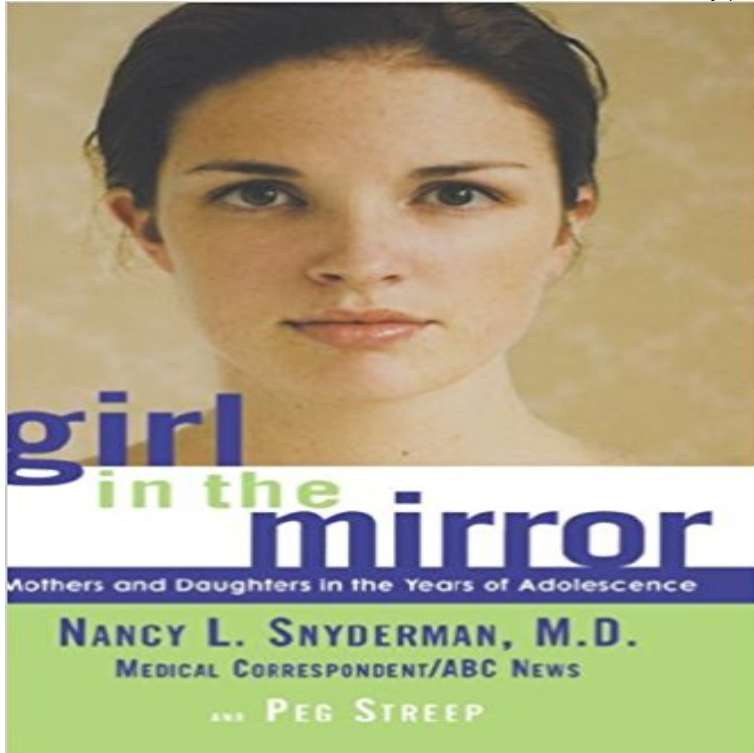


Girl in the Mirror: Mothers and Daughters in the Years of Adolescence



From the bestselling author of *Necessary Journeys*--here is the book every mother of a maturing girl will need to have on her shelf. Just as we once peered over the crib rails to search our newborn daughters faces for signs of personality or family resemblance, so too, during the years of adolescence, mother and daughter alike will look into the mirror of each others faces, searching for hints of their past and future selves, of resemblance and connection, as part of a journey of self discovery ... --excerpt from *Girl in the Mirror* Drawing on the latest research and interviews with experts in different fields, *Girl in the Mirror* sheds new light on one of lifes most important passages, the journey that is adolescence. Unlike other books, *Girl in the Mirror* focuses on the interaction between mother and daughter during this decade-long process, and illuminates how both the mother and her understanding of her parental role need to evolve and change as her child enters a new and crucial phase of emotional and psychic growth. A recognized authority in the field of womens health, Dr. Snyderman lays to rest some of the myths about adolescence, among them: raging hormones and inevitable rebellion the meaning of adolescent autonomy the adolescent girls need for separation from her mother the negative role of peer influences Filled with practical wisdom and stories drawn not only from her experience with her own two adolescent daughters but those of other mothers from around the country, *Girl in the Mirror* offers readers a new vision: To see the years of adolescence as a time not of conflict but of opportunity for personal and spiritual growth for mothers and daughters alike.

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