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My Mother, My Friend: The Ten Most Important Things to Talk About With Your Mother

Mary Marcdante

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Every woman has things that she wants to talk about with her mother -- but can't. Big questions about health, aging and money, and even more personal issues about family secrets and Mom's relationship with Dad have made for extremely difficult conversations -- until now.
In *My Mother, My Friend,* communications expert and beloved national speaker Mary Marcdante demonstrates simple strategies and time-tested techniques for breaking down the barriers. She shows step by step how to build a more loving and authentic relationship with your mother by looking at such issues as:

1. Health and Sexuality
2. Money
3. Resolving Conflict
4. Family Secrets
5. Spirituality

...And more
Drawing from her nationwide workshops as well as from personal experience, Mary Marcdante shows us that these conversations not only matter, but can also be deeply enriching.

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