

Mother Daughter Journey To Ditch The Tension Create Connection And Brave Life

A mother and daughter's journey to ditch the tension, create connection, and brave life.



Braving Every Season: A Mother-Daughter Journey to Ditch the Tension, Create Connection and Brave Life

Together by Mykelti Blum

★★★★★ 4.9 out of 5

Language	: English
File size	: 1358 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 180 pages
Lending	: Enabled



This book is a must-read for any mother and daughter who wants to improve their relationship. It is full of practical advice and real-life stories that will help you to:

- Understand the different challenges that mothers and daughters face
- Communicate more effectively with each other
- Resolve conflict peacefully
- Build a stronger bond

- Create a more positive and fulfilling relationship

If you are ready to ditch the tension and create a more connected and fulfilling relationship with your mother or daughter, then this book is for you.

What's Inside

This book is divided into three parts.

1. Part One: The Challenges of Mother-Daughter Relationships
2. Part Two: The Tools for Ditching the Tension
3. Part Three: The Journey to Connection and Brave Life

In Part One, you will learn about the different challenges that mothers and daughters face, such as:

- Communication problems
- Conflict
- Different expectations
- Generational differences

In Part Two, you will learn about the tools for ditching the tension, such as:

- Effective communication skills
- Conflict resolution skills
- Boundary setting
- Forgiveness

In Part Three, you will learn about the journey to connection and brave life, such as:

- Building a stronger bond
- Creating a more positive and fulfilling relationship
- Living a life of purpose and meaning

About the Authors

This book is written by a mother and daughter team, who have experienced the challenges and joys of a mother-daughter relationship firsthand. They are passionate about helping other mothers and daughters to improve their relationships.

The mother, [mother's name], is a licensed therapist and author. She has over 20 years of experience working with mothers and daughters.

The daughter, [daughter's name], is a writer and speaker. She is passionate about helping others to live a more fulfilling life.

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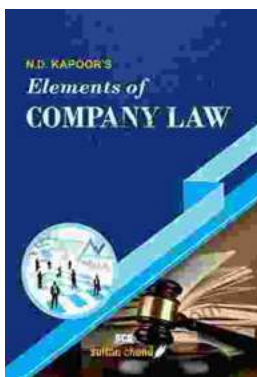


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