



The Mother-Daughter Project: How Mothers and Daughters Can Band Together, Beat the Odds, and Thrive Through Adolescence

SuEllen Hamkins, Renee Schultz

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Ten years ago, SuEllen Hamkins, MD, and Renée Schultz, MA, created the Mother-Daughter Project with other women in their community, hoping to strengthen their bonds with their then seven-year-old girls. The group met regularly to speak frankly about such issues as friendships and aggression, puberty, body image, drugs, and sexuality. The results were amazing: confident, assertive teenage girls with strong self-images and close ties to their moms. Equally important, the mothers navigated their own concerns about adolescence with integrity and grace. This book details the success of the Project's groundbreaking model, providing the reader with a road map for staying close with her own daughter through adolescence and beyond.

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