



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

Nancy L. Snyderman

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Girl in the Mirror teaches mothers everywhere that their daughters' adolescence isn't a time to be gotten through or survived, but rather a tremendous opportunity to foster social, emotional, and intellectual growth, as well as forge new connections between mothers and daughters. Drawing on the latest research and interviews with experts in different fields, the book sheds new light on the journey that is adolescence, the crucial interaction between mother and daughter, and the ways in which our own parenting skills must evolve as our daughters move into a new stage of their life. A recognized authority in the field of women's health, Dr. Nancy Snyderman tackles some of the often-repeated myths that surround adolescence, along with practical wisdom and sound advice. Filled with stories drawn from the authors' own experience mothering adolescent girls and from the experiences of women around the country, *Girl in the Mirror* is a bold and reassuring vision.

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