



## Want a Better Mother-Daughter Relationship?: A Short Course to a Deeper, Loving Connection

By Gloria Hamiltén

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.After a brief introduction of the author and her daughter, this short course shows how two very different people can have a beautiful relationship permanently. Gloria: It is incredible that, despite our best endeavours we are still so tied to past cultural and familial conditioning. Looking back now, knowing what I know now after decades of self-improvement, there are a lot of things I would do differently. Alpha: I look back on my childhood and am incredibly thankful for the mother I had. The person my mother is now is even better, and it s been a journey of self- discovery for both of us, as I find my feet as an individual adult, and the relationship that Mum and I have further develops. I ve seen Mum work at allowing me the space to grow, and giving me guidance and role-modelling being happy and living her life to the fullest. It s these learnings and growth opportunities that we now want to pass on to other mothers and daughters, because they are so incredibly uplifting. INTRODUCTION As...



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