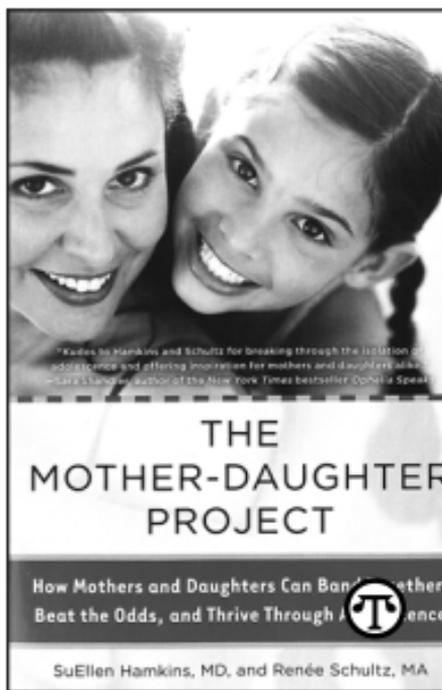


# Pointers For Parents

## A Road Map For Mothers And Daughters

(NAPSA)—A beautiful road map for strengthening the crucial bond between mothers and daughters has arrived. The book, “The Mother-Daughter Project” (Plume), shows how mothers and daughters can band together, beat the odds and thrive through adolescence.

Ten years ago, SuEllen Hamkins, MD, and Renée Schultz, MA, psychotherapy professionals with a combined forty years’ experience,



created the Mother-Daughter Project with several other women in their community, hoping to strengthen their bonds with their 7-year-old girls.

The mothers and their daughters met regularly to speak frankly about such issues as friendships and aggressions, puberty, body image, drugs and sexuality. The results were amazing: confident, assertive teenage girls with strong self-images and close ties to their moms.

Their book details the success of the Mother-Daughter Project’s groundbreaking model and provides innovative strategies to:

- Communicate effectively at every age
  - Cultivate healthy body image
  - Get the support you need as a mother
  - Empower your daughter with the confidence to achieve her dreams—and more.

The book is full of tips and exercises...a jump start for closeness from adolescence on. To learn more, visit the authors’ Web site at [www.themother-daughterproject.com](http://www.themother-daughterproject.com).