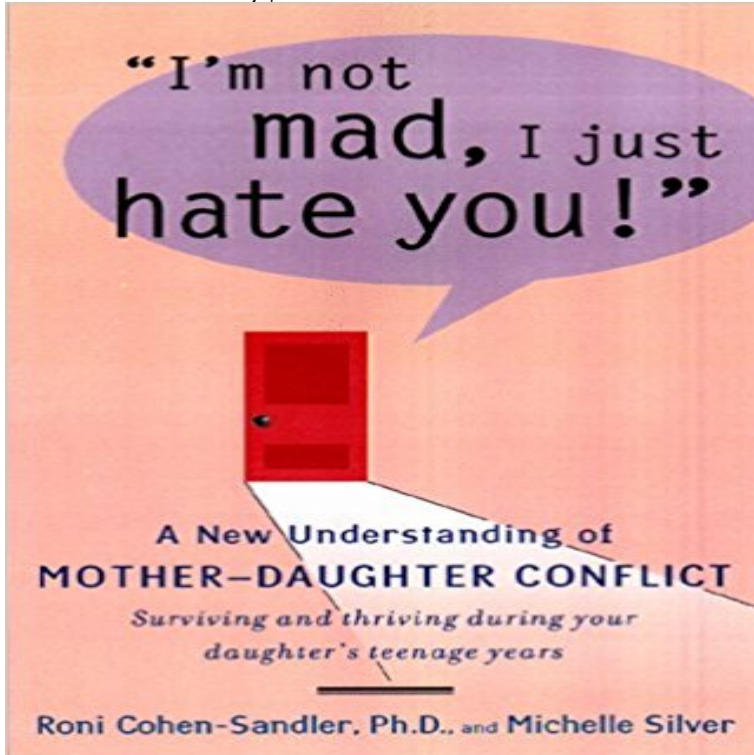


## Im Not Mad, I Just Hate You!: A New Understanding of Mother-Daughter Conflict



Almost without exception, the teen years are tumultuous for both girls and their mothers. Teen girls, who are socialized to stifle their anger and avoid confrontation, frequently take out their frustration on their mothers as the only safe and available targets. The good news is that with patience and the right guidance, mothers can transform the teenage years into positive ones and enrich the mother-daughter relationship. *Im Not Mad, I Just Hate You!* combines the expertise of a clinical psychologist (who has worked with women and adolescent girls for more than twenty years) with that of a senior editor at a leading teen magazine. The book demonstrates how mother-daughter friction during adolescence, managed creatively, empowers girls by teaching them invaluable skills and can even foster intimacy. Discussion of social, emotional, cultural, and psychological issues is interwoven with the voices of mothers and daughters in case studies that are illuminating and reassuring. In the wake of widely popular books exposing the perils adolescent girls face, *Im Not Mad, I Just Hate You!* provides mothers with much-needed practical strategies to help their daughters grow into emotionally healthy and capable adults. At the same time, women will encourage loving and lifelong connections with their daughters.

**: Im Not Mad, I Just Hate You!: A New Understanding of** *Im Not Mad, I Just Hate You!: A New Understanding of Mother-Daughter Conflict* [Roni Cohen-Sandler, Michelle Silver] on . \*FREE\* shipping on **Buy Im Not Mad, I Just Hate You!: A New Understanding of Mother** *Im Not Mad, I Just Hate You!* discusses the social, emotional, cultural, and psychological issues that can lead to mother-daughter conflicts. It offers illuminating **Im Not Mad, I Just Hate You! A New Understanding of Mother** *Im Not Mad, I Just Hate You!: A New Understanding of Mother-Daughter Conflict*. Roni Cohen-Sandler, Author, Michelle Silver, Joint Author Viking Books \$22.95 **Im Not Mad, I Just Hate You!: A New Understanding - Google Books** *Im Not Mad, I Just Hate You!* discusses the social, emotional, cultural, and psychological issues that can lead to mother-daughter conflicts. It offers illuminating **Im Not Mad, I Just Hate You! A New Understanding of Mother** *Im Not Mad, I Just Hate You!: A New Understanding of Mother-Daughter Conflict* with Roni Cohen-Sandler. View the Birth Control Options **Im Not Mad, I Just Hate You! : Roni Cohen-Sandler** a new understanding of mother-daughter conflict / View on New Catalog books exposing the perils

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