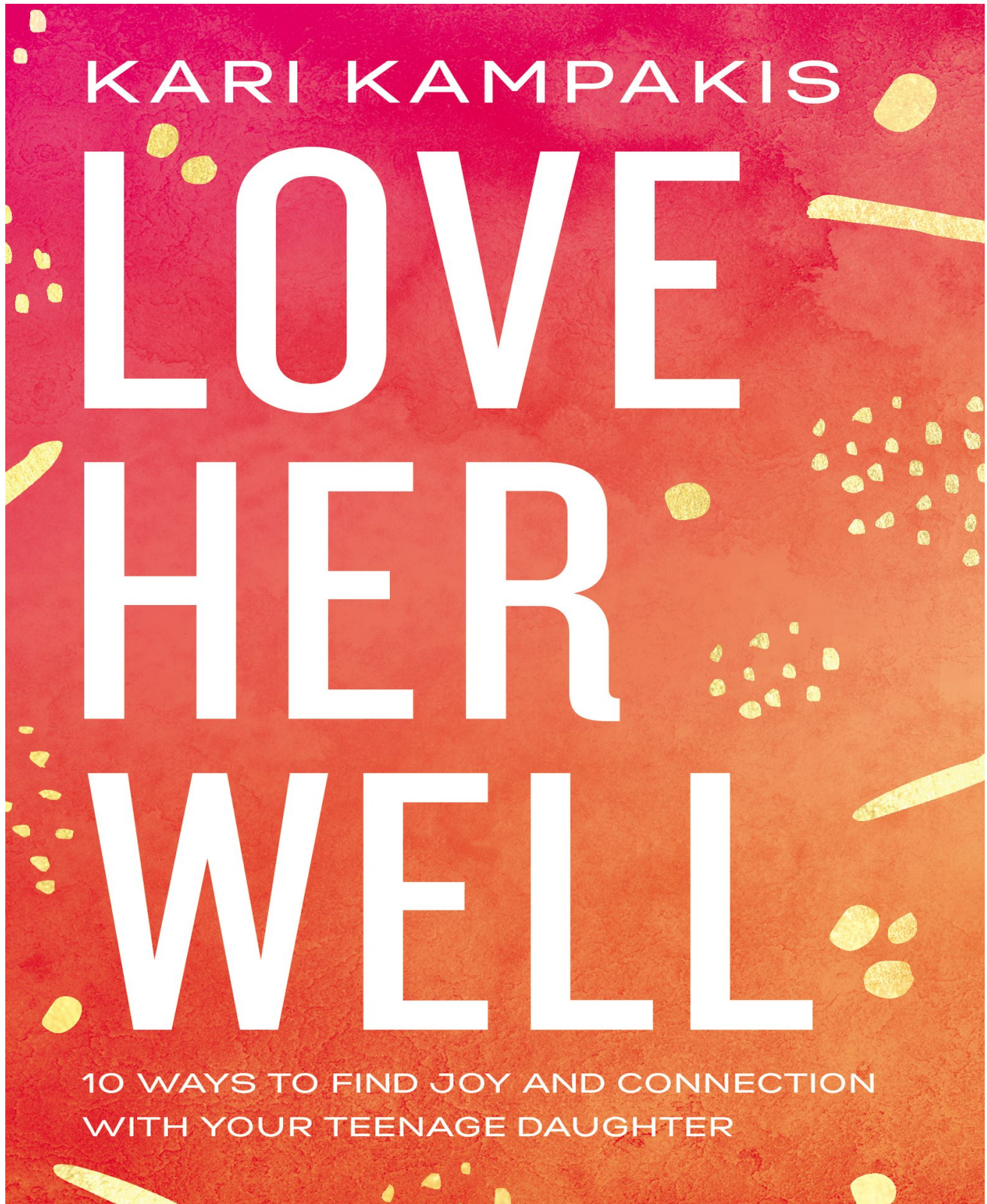


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**Love Her Well: 10 Ways to Find Joy and Connection with Your Teenage Daughter**  
by Kari Kampakis



## Synopsis:=====

Moms are eager for tips and wisdom to help them build strong relationships with their daughters, and Kari Kampakis's *Love Her Well* gives them ten practical ways to do so, not by changing their daughters but by changing their own thoughts, actions, and mind-set. For many women, having a baby girl is a dream come true. Yet as girls grow up, the narrative of innocence and joy changes to gloom and doom as moms are told, "Just wait until she's a teenager!" and handed a disheartening script that treats a teenage girl's final years at home as solely a season to survive. Author and blogger Kari Kampakis suggests it's time to change the narrative and mind-set that lead moms to parent teen girls with a spirit of defeat, not strength. By improving the foundation, habits, and dynamics of the relationship, mothers can connect with their teen daughters and earn a voice in their lives that allows moms to offer guidance, love, wisdom, and emotional support. As a mom of four daughters (three of whom

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