

Good Daughters : Loving Our Mothers as They Age

Patricia Beard



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Adult daughters, even with the best intentions, can find the last years of their mothers' lives heartbreaking, frustrating, and filled with anxiety and guilt. Yet in this compassionate, lyrical book, journalist Patricia Beard shows that the end of life is a crucial stage in the mother-daughter relationship and that it can be satisfying and fulfilling. "Good Daughters" explores what it means to be a good daughter to an aging mother, why it is so hard, and how daughters can neutralize -- or at least recognize -- the old feelings that interfere with making clear-headed, warm-hearted decisions. Drawing on extensive research and interviews with gerontologists, sociologists, psychologists, and hundreds of women, the author offers insights and practical measures to enhance the mother-daughter bond.

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