



Between Mother and Daughter: A Teenager and Her Mom Share the Secrets of a Strong Relationship

Judy Ford , Amanda Ford

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Written by family therapist and bestselling author Judy Ford and her nineteen-year-old daughter Amanda, *Between Mother & Daughter* is geared toward both mothers and teenage girls who want to maintain or create healthy relationships during the tumultuous teen years. This book is proof of the benefit of positive parenting to empower mothers and daughters.

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