

Mended: Restoring the Hearts of Mothers and Daughters



Mended: Restoring the Hearts of Mothers and Daughters by Blythe Daniel

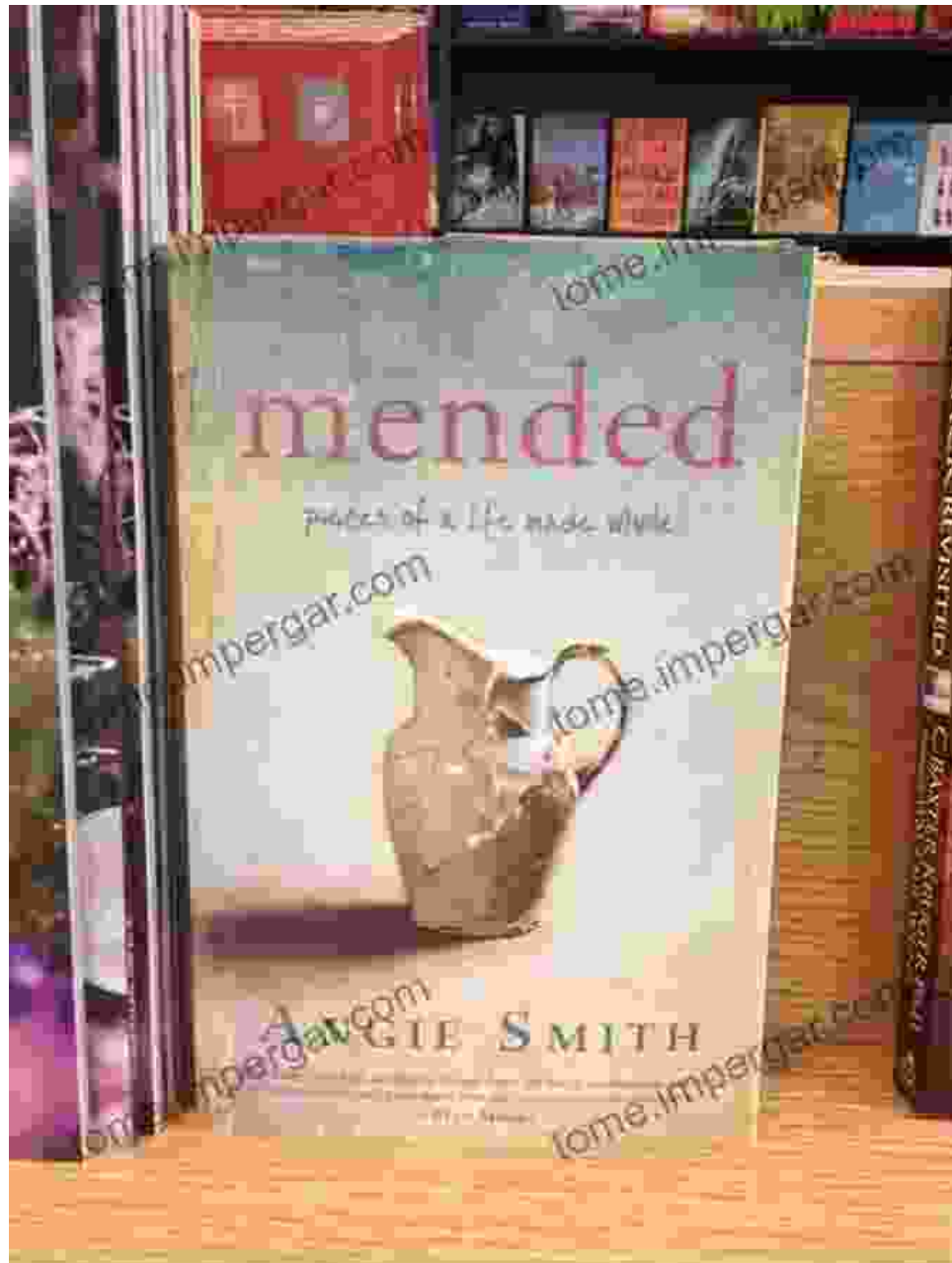
★★★★☆ 4.6 out of 5

Language : English
File size : 776 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 210 pages
Lending : Enabled

FREE

DOWNLOAD E-BOOK





Mended: Restoring the Hearts of Mothers and Daughters is a groundbreaking book that explores the complex and often challenging relationship between mothers and daughters. Through personal stories, expert insights, and practical advice, this book provides a roadmap for healing and reconciliation.

Drawing from her own experiences and those of countless mothers and daughters, author Dr. Nicole LePera delves into the root causes of the wounds that can fracture the mother-daughter bond. She examines the societal pressures, cultural expectations, and personal histories that can lead to misunderstandings, resentment, and even estrangement.

Through the stories of mothers and daughters who have found healing and reconciliation, **Mended** offers insights into the transformative power of forgiveness, empathy, and self-compassion. Dr. LePera provides practical tools for improving communication, setting healthy boundaries, and rebuilding trust.

What Readers Are Saying

"*Mended* is a must-read for anyone who has ever struggled with their relationship with their mother or daughter. Dr. LePera's insights are profound and her advice is practical. This book has the power to heal broken hearts."

— **Sarah J.**

"I couldn't put this book down. Dr. LePera's writing is so engaging and relatable. *Mended* has given me hope for my own relationship with my mother."

— **Nicole C.**

"This book is a gift. It has helped me to understand the challenges in my relationship with my daughter and to find ways to heal. I'm so grateful for Dr. LePera's wisdom."

— **Emily K.**

About the Author



Dr. Nicole LePera is a licensed clinical psychologist, holistic health coach, and the creator of The Holistic Psychologist movement. She specializes in helping people heal their relationships and live more fulfilling lives. Dr. LePera is the author of the bestselling books *How to Do the Work* and *Selfheal*.

Free Download Your Copy Today

Mended: Restoring the Hearts of Mothers and Daughters is available now at all major bookstores and online retailers. To Free Download your copy, click on the following link:

[Free Download Now](#)



Mended: Restoring the Hearts of Mothers and Daughters

by Blythe Daniel

★★★★☆ 4.6 out of 5

Language : English
File size : 776 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 210 pages
Lending : Enabled



Pyrrhic Victory: French Strategy and Operations in the Great War

An In-Depth Examination of Military Genius As the world commemorates the centennial of the Great War, scholars and historians continue to dissect its complexities. Among the...



Arts In Health: Designing And Researching Interventions

Delving into the Transformative Power of Arts in Health: A Comprehensive Guide for Healthcare Professionals, Researchers, and Artists In the realm of...

