



The Mother-Daughter Book Club: How Ten Busy Mothers and Daughters Came Together to Talk, Laugh and Learn Through Their Love of Reading

Shireen Dodson

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Combining the practical with the personal, *The Mother-Daughter Book Club* tells the story of 10 mothers and their preteen daughters and how their relationships were enriched through a monthly reading club. With step-by-step guidelines, stories, anecdotes, reading lists, sample themes and related activities, it offers practical instructions for starting a book club while encouraging mothers and daughters to learn to talk openly with one another.

At a key stage of their daughter's development, mothers will find a hopeful antidote to depression, eating disorders, self-destructive behavior and other problems facing adolescent girls. Most important, *The Mother-Daughter Book Club* shows that reading, learning and spending time together helps girls build self-esteem.

With suggested reading lists from authors and experts ranging from Kaye Gibbons, Joyce Carol Oates and Tipper Gore to Henry Louis Gates, Jr., Beth Winship and Ann Martin, *The Mother-Daughter Book Club* has the potential to inspire whole networks of reading clubs nationwide.

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