

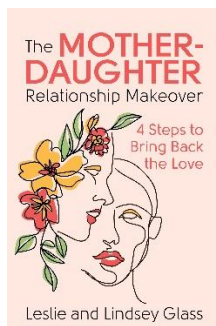
Media Contact: Lindsey Triebel, lindsey.triebel@hcibooks.com

(This press release may be published in part or entirety by any print, broadcast or internet/digital media outlet, or used by any means of social media sharing.)

FOR IMMEDIATE RELEASE

Mother-Daughter Duo Shares 4 Steps That Repaired Their Fractured Relationship

BOCA RATON, FL, April 16, 2024 — This first, most important bond, the mother-daughter relationship, can be fraught with pitfalls and devastating ups and downs — the seeds for which may have been planted generations ago. Sometimes, it can seem like the conflicts have no end, leaving the mother or daughter exhausted, exasperated and sad for all that has been lost. If this sounds familiar, have no fear; help is at hand.



The Mother-Daughter Relationship Makeover: 4 Steps to Bring Back the Love, written by bestselling author Leslie Glass and her daughter, award-winning documentarian Lindsey Glass, is a guide to help readers repair the fractures in their mother-daughter relationships. Through sharing their own compelling, tumultuous history, Leslie and Lindsey help readers understand that even if mothers and daughters go off track, go to war and part ways for years, they can still find their way back to friendship, understanding and love.

“When mothers and daughters don't communicate in loving ways, misunderstandings lead to heartbreak. At the end of the day we all just want to love and be loved,” explains Leslie.

Lindsey adds, “It wasn't until I wrote this book that I fully understood my mom's experience as a woman and a parent. Writing brought a new level of compassion and healing to our relationship.”

Through storytelling, writing prompts, and actionable information, Leslie and Lindsey share their secret sauce for healing, broken down into four steps:

- Revealing one's backstory
- Exploring emotional and personality styles
- Understanding conflicts and triggers
- Learning the tools to restore the love

By following these steps, readers can repair their fractured relationships, keep them strong and discover a positive pathway to peace — no matter how far apart they feel they are.

Dr. Deborah Sweet, psychologist and trauma specialist had this to say: “I have never seen a book quite like this. Reading the perspectives of both mother and daughter was a unique experience. When we are ‘in it,’ it is hard to see past our pain. Leslie and Lindsey widened the lens on mother-daughter relationships so we could see not only

the complexity of the problems, but also the journey to repair them. This makeover is a great book on making up with excellent exercises and thought-provoking writing prompts. For best results, I recommend both mother and daughter read it simultaneously and see what happens!”



About the Authors

Leslie and Lindsey Glass are editors of the popular online recovery and wellness magazine *Reach Out Recovery*. Together, they produced the award-winning documentary *The Secret World of Recovery* and the WEDU/ PBS special *The Silent Majority*.

The Mother-Daughter Relationship Makeover

Publisher: HCI Books

Release Date: April 16, 2024

ISBN-10: 0757325068

ISBN-13: 9780757325069

Trade Paperback, 336 pages

Media Questions for *The Mother-Daughter Relationship Makeover*

1. You recently wrote *The Mother-Daughter Relationship Makeover*. Tell us more about your book.
2. What was it like to work with each other’s writing styles, and how did you find a way to merge them into one cohesive narrative?

3. In the four steps for your book, did you each come up with a piece of advice and add it, or was it more like advice you had practiced and seen work well?
4. Did you ever think you would be writing a book about your relationship to help other mothers and daughters with their own?
5. Do you find your work in *Reach Out Recovery* overlaps with the advice you give readers in *The Mother-Daughter Relationship Makeover*?
6. How were you able to take your own practice and advice for your own relationship and distill it down to only four steps?
7. For many people, cutting someone out of their life is a one-way street, and reconciliation doesn't seem to be an option. How do you provide a change for that mindset with the steps you give readers?
8. What are some misconceptions people have about reconciliation? How does *The Mother-Daughter Relationship Makeover* provide a better understanding of reconciliation and its process?
9. Does a mother or daughter need to have been separated from the other to pick up this book, or can your book provide help for those who might have an overall positive relationship with their mother or daughter but feel as if they aren't clicking still?
10. Of the four steps, which one was your favorite to write about and why?
11. What is the main message you hope readers take from *The Mother-Daughter Relationship Makeover*?