

PRESS RELEASE

Daughters: How to Untangle Yourself from Your Mother

Published 3rd April 2023 paperback and e-book

Genre: non-fiction

Keywords: womens' wellbeing; psychology; self-coaching; emotional trauma; emotional health; daughters&mothers; family dynamics; early childhood; therapeutic understanding; healthy relating

Publisher: Julia Vaughan Smith

While daughter:mother relationships can be warm and loving, many are not instead they are challenging, frustrating, difficult or painful. In this book Julia takes the reader through the factors that may have created such a relationship; the dynamics that are in play and importantly, how to move out of them. She makes the point that we can't change our mother but we can change our responses to her. It is hopeful, compassionate, non-judgemental, leading the reader through a series of self-coaching explorations to help change. No other book deals with this complex topic in the same way, as Julia brings many strands together to offer a unique account. She brings together the impact of early childhood experience, an understanding of the lasting impact of that on us as adults and insights into how to move forward. It is written in a way that makes it very accessible any reader who wants to learn more about these relationships. She has focused on the daughter:mother relationship as that is her experience but it offers much to those interested in other child:parent dynamics.

Comments by early readers of the book

"Read this astonishing book"

"Gentle, generous and helpful"

"Wise and impactful"

"Reassuring and hopeful"

"Immensely helpful"

About Julia

Julia is an accredited Master Executive Coach and Supervisor, and a psychotherapist (no longer practising). In her long career she has been a nurse, a teacher in further education, a senior manager in a national NHS organisation concerning vocational training and leadership development, and an organisational and leadership consultant working with health care organisations in the UK and internationally. She lives in Budleigh Salterton, East Devon and teaches and writes about emotional trauma. This is the third book by Julia Vaughan Smith.

Contact via julia@becomingourselves.co.uk