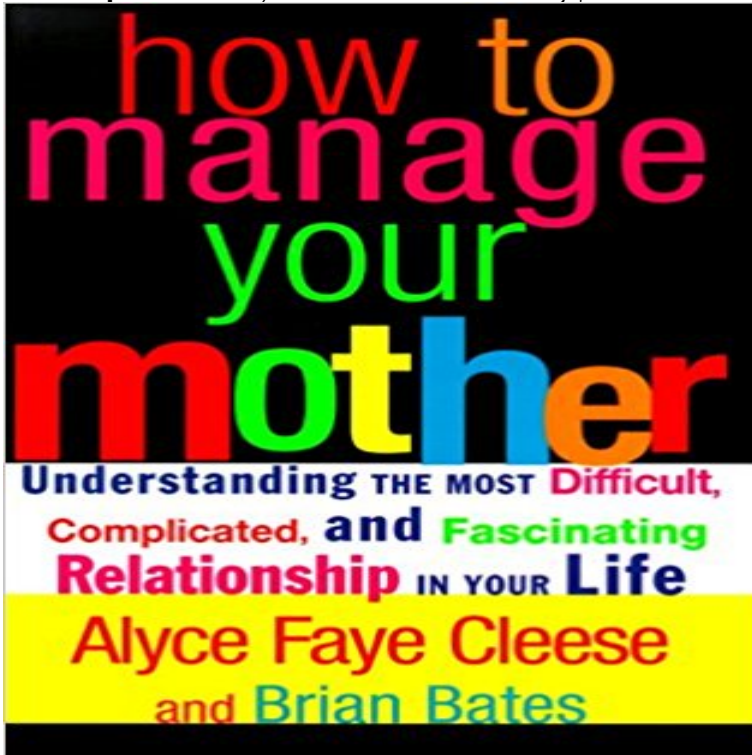


# How to Manage Your Mother: Understanding the Most Difficult, Complicated, and Fascinating Relationship in Your Life



Guilt. Affection. Embarrassment. Friendship. Anger. Love. Who can bring out all these feelings...and often in the same day? Your mother. No matter how mature or successful we are in our adult lives, with one word our mothers can somehow send us scurrying back to childhood. Can mothers and adult children ever learn to set aside their earlier relationship and talk to each other as adults? In this warm, funny book, dozens of revealing stories from such well-known personalities as Colin Powell, Helena Bonham Carter, Mia Farrow, and Lauren Hutton show that it is possible to improve your relationship with your mother -- or at the very least begin to understand it. Alyce Faye Cleese and Brian Bates include a practical ten-step plan and questionnaire to help you get on track with your mother. You will learn to address specific issues and develop valuable insights that will help you start thinking about your mother in a profoundly new way.

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