



# **I Am My Mother's Daughter: Making Peace with Mom--Before It's Too Late**

*Iris Krasnow*

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## **I Am My Mother's Daughter: Making Peace with Mom--Before It's Too Late** Iris Krasnow

Iris Krasnow-mother, daughter, and bestselling journalist-tackles the toughest relationship in the lives of many grown women: the mother-daughter bond. With women's life expectancy inching up past 80, you may be embroiled with your mother well past the time your own hair turns white. The good news: Living longer means more time to make peace-and this book shows you how. Drawing on her own experience with her colorful 85-year-old mother and the collective wisdom of more than 100 other adult daughters, Krasnow offers a fresh perspective on how to overcome the anger, guilt, and resentment that can destroy a family. The time to repair the bond is now, she reminds us: You can't kiss and make up at her funeral. The key is to let go of the fantasy mom and embrace the flesh-and-blood woman, with all her flaws.

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