
**About the author:** Dellasega holds a Ph.D. and is a clinician at Penn State University’s College of Medicine. She is a mother of three children.

**Summary of the book:** This book is directed to mothers. This book is based on many stories that mothers share about the experiences and crises that they and their daughters have gone through in the processes of growing up. Whether the problem is an eating disorder, an unplanned pregnancy, poor academic performance, social isolation, or drinking or drug use, these mothers have each attempted to help their daughters by supporting them through their difficult times. Sometimes, they are successful and sometimes they are not. Such is the nature of modern parenting. The author’s view is that many mothers deal with similar crises in raising their adolescent daughters and so can look to one another for guidance and support. The primary focus is the struggle of the author’s daughter’s in overcoming anorexia—a serious and sometimes fatal eating disorder.

**About the reviewer:** Megan Kelly has a B.F.A. degree in photography from the University of Illinois at Champaign-Urbana. She is a former graduate student in art education at Northern Illinois University.