



# The Common Thread

*Martha Manning*

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## **The Common Thread** Martha Manning

No relationship is more fulfilling, infuriating, emotional, and problematic than that of mother and daughter. Now, in a work filled with truth, surprises, and humor, renowned psychologist and author Martha Manning offers mothers and daughters of all ages a new way to understand each other. Challenging the accepted premise that this powerful bond must be severed for emotional growth, Manning shows us why this precious attachment is never outgrown, how, if it is damaged, it can be healed, and what will enrich this lifelong commitment while fostering essential independence. The key is empathy, and Manning provides potent tools to help us build stronger ties and celebrate the crazy twists, joys, and secrets inherent in this most glorious of life connections.

Combining personal experiences and scrupulous research, *The Common Thread* helps each of us develop a mutually empowering relationship -- and laugh, too -- as we more deeply connect with and appreciate the mother or daughter we love.

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