



Mama Drama: Making Peace with the One Woman Who Can Push Your Buttons, Make You Cry, and Drive You Crazy

Denise McGregor

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Guilt. Criticism. Control. Competition. Anger.

If these words reflect your relationship with your mother, then Mama Drama can give you the tools to free yourself from the binds of an unhealthy mother/daughter relationship. A woman's relationship with her mother is often the most complex, emotionally dramatic, and volatile one of her life. It is also one of the most important, as it affects everything from her career, to her health, her marriage, and her parenting skills. Drawing from her own experiences, as well as from those of other women, McGregor shows why there is so much dissatisfaction in mother/daughter relationships, and gives practical methods for healing.

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