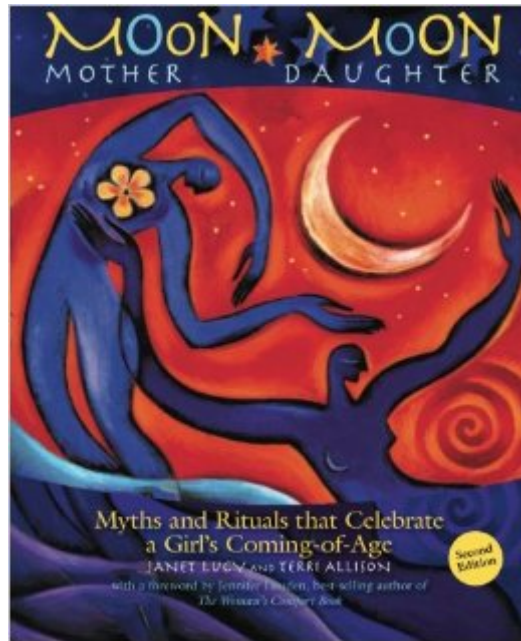


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# Moon Mother, Moon Daughter



## Synopsis

How would it be different if mothers looked forward to their daughters' first steps into womanhood with the same anticipation and excitement as they had for her very first steps toward walking? What if there was a whole community of women waiting to receive her into womanhood? What if there was a way for mothers and daughters to walk together? With the moon as a guide and a symbol, *Moon Mother, Moon Daughter* introduces a whole new approach to the coming of age years, a time to strengthen the mother-daughter connection with the support of community, and celebrate female gifts and wisdom. *Moon Mother, Moon Daughter* is a practical and concrete guide rooted in ancient traditions and timeless wisdom. Each of the 12 chapters uses a goddess myth as its basis. The myth is followed by an exploration of the key coming of age concepts and divine feminine qualities (ie. intuition, creativity, dreaming) found within the myth, activities and suggestions for mothers and daughters, and a list of further reading and resources. *Moon Mother, Moon Daughter* also offers an ideal format for women's groups and classes of all ages. It's never too late to come of age. Mothers and daughters everywhere will find inspiration and joy in the pages of this wonderful book.

- ~ Christiane Northrup, M.D., Best-selling author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*
- Janet and Terri created a menu of meaning and delight. They pass on this comforting idea: Even through adolescence, you can stay close to your daughter. Hallelujah!
- ~ Jennifer Loudon, best-selling author of *The Woman's Comfort Book*
- Filled with old-world wisdom and practical advice, this is an invaluable, inspiring and essential book for all mothers, and daughters.
- ~ Patricia Selbert, author of *The House of Six Doors*
- *Moon Mother, Moon Daughter* inspired, educated, called us forward and deepened our journey together. I heartily recommend this book to women of all ages, and especially for girls who are transitioning into womanhood.
- ~ Janice Cook Knight, author of the *Follow Your Heart Cookbooks*

## Book Information

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## Customer Reviews

A group of us - four mothers and five daughters, gathered together monthly using this book as our guide. For one special year, Moon Mother, Moon Daughter inspired, educated, called us forward and deepened our journey together, both as mother/daughter teams and as a group. I heartily recommend this book to women of all ages, and especially for girls who are transitioning into womanhood (and their moms).

Written with clarity and heart, Moon Mother, Moon Daughter, is an invitation to all mothers and daughters who want an inspired guide through the pre-teen and teen years. Drawing from the ageless goddess traditions, Janet Lucy and Terri Allison entertain us with stories, myths, and legends that empower young women. In this delightful book, we learn or remember the cultures that valued the feminine and recall the powerful goddesses from the Virgin Mary to Kwan Yin, including a pantheon of divine female deities: Inanna, Hera, Isis, Demeter and Persephone, Tara, Artemis, Hina, the nine Muses, and of course, Gaia. These stories empower and inform the book's activities and rituals for a coming of age daughter--not through goddess worship, but through a renewed sense of power, legacy, and the feminine potential. I so enjoyed the retelling of the Native American Spider Woman who taught weaving to the Navajo people and then to learn that this archetype is one of the most ancient for female power. The authors then apply these traits to a modern social context in describing women's ways of leadership. I heartily recommend this well written guide to all mothers and daughters: it is timeless, timely, universal and personal!

Wisdom Has a Voice: Every Daughter's Memories of Mother

Thanks Janet and Terri for sharing so many of your personal stories and insights with the raising of your daughters during their sensitive "coming of age" years. Through your wisdom in Moon Mother, Moon Daughter, I was able to understand, appreciate, and be more present for my daughters', (now 20 and 17), journeys as they questioned themselves, their bodies, their cultural messages, and family values, as they metamorphosed into beautiful young ladies. The sharing of your rituals were also invaluable and helpful tools in celebrating this time instead of "just getting through it".

"Conventional femininity cannot be our guide. We are reinventing the feminine. And most of us have barely begin to appreciate the value of the enormity of this task." --Hope Edelman, *Motherless Daughters*

Moms: Wouldn't it be nice to anticipate and have as much joy in your daughter turning into a woman as you did with her first smiles, steps and words? Wouldn't it be great to have the confidence in guiding your daughter as she crossed the threshold into womanhood? *Moon Mother, Moon Daughter: Myths and Rituals that Celebrate a Girl's Coming-of-Age* can help you discover and embrace such a journey with your daughter. *Moon Mother, Moon Daughter: Myths and Rituals that Celebrate a Girl's Coming-of-Age* is chewy and concise, informing moms about how they can honor the sacredness of being female. Authors Lucy and Allison weave moon and goddess mythology and provide a myriad of activities for moms and daughter to do independently and together--to encourage reflection, introspection, understanding, and celebration of becoming and being a woman. Among topics addressed in the book are the value of spending time alone, how to guide your daughter in awakening and connecting to her inner wisdom and intuition, how to guide her in finding and having confidence in expressing her voice, and the power of honoring your body. As the cover of *Moon Mother, Moon Daughter* promises, the advice has new-age overtones, using the moon as a guide and metaphor (the most sacred feminine) throughout the book. However, any mom (including this one) can easily draw upon the ideas and tweak them to fit into and guide her relationship with her daughter. This is a terrific book with wonderful goddess mythology to share and empowering ideas from which to borrow. This mom is looking forward to using some of them with her daughters. Note: *Moon Mother, Moon Daughter: Myths and Rituals that Celebrate a Girl's Coming-of-Age* is geared for moms of daughters ages ten-thirteen. by Judy Miller for Story Circle Book Reviews reviewing books by, for, and about women

Read this book after the fact of my three daughters coming of age. Although they are now adults I incorporate much of the information in dialog with them and with my inner self to heal and reframe many of the difficulties, misunderstandings and lack of mothering encountered in my life and therefore in their lives. I have purchased copies to give to my two daughters who now have daughters of their own. Excellent resource and perspective.

This is a wonderful book to begin to think about intentional rites of passage as your daughter or granddaughter crosses over into young adulthood. There are many examples of ways to generate meaningful interactions. This book can be used in a group setting, as the catalyst for good

conversations and bonding. Don't miss this book. It is one of those rare books that can make a lifelong impact on a mother-daughter relationship.

I have given this book to a number of friends who have daughters, and have received much heartfelt gratitude in response. We sometimes struggle to find ways to connect with our children, especially in the pre-teen and teen years. This is a magical book filled with great wisdom and wonderful experiential activities to share. A valuable tool I recommend to any parent of young women.

I've been so excited for the release of this book! I heard about it a while back and the contents sounded moving. Although I am a young woman (22) I feel it is important to prepare mentally and physically for what would/could happen to me when I become a mother. I wish I could have had a book like this when I was growing up, I feel that my mother and I could have really bonded through it.

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