Dial Down The Drama: Reducing Conflict And Reconnecting With Your Teenage Daughter--A Guide For Mothers Everywhere

A GUIDE FOR MOTHERS EVERYWHERE

DIAL DOWN THE DRAMA

REDUCING CONFLICT AND RECONNECTING WITH YOUR TEENAGE DAUGHTER

COLLEEN O'GRADY

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"The teenage years don't have to be defined by conflict. Dial Down the Drama gives moms practical solutions grounded in neuroscience that transform the eye rolls and one-word answers into healthy relationships with their daughters. I highly recommend it." --Jack Canfield, Co-Author, Chicken Soup for the Mother & Daughter Soul (R)

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