



Moon Mother, Moon Daughter

Janet Lucy

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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

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