



Moon Mother, Moon Daughter: Myths and Rituals That Celebrate a Girl's Coming-of-Age

Janet Lucy

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Adolescence doesn't have to be a time when mothers and daughters grow apart.

Adolescence doesn't have to be a continual series of screaming matches and pouting.

Adolescence should be a time when mothers and daughters connect and grow together.

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?

Moon Mother, Moon Daughter is a practical and concrete guide rooted in lunar cycles and mythology. Each of the 12 chapters uses a goddess/lunar myth as its basis. The myth is followed by an exploration of the key coming of age concepts found within the myth, activities and suggestions for mothers and daughters, and a list of further reading and resources.

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