

Mothers! Who needs them? We all do. Without her nurturing care, humans would not survive. Yet why are mother-daughter relationships filled with such angst?

Even celebrities have trouble with their mothers. Jennifer Aniston doesn't talk to hers and refused to invite her to her wedding.

Our mothers hold up mirrors to ourselves and remind us of what we will become. Many women understand their mothers so much more once they give birth to their own children. Others experience the Carol Brady mother while the rest of us wonder why we got Alice.

At the end of the day, your mother is the key to your happiness and development as a woman, whether you like it or not. Celebrate her strengths for you have inherited them and applaud her weaknesses for they make her, and you, human.

LOVE, MOTHER

Without the nurturing care of mothers, humans would not survive



Dear Rachael,
I am a mother of two and happily married to my second husband. The trouble I have is with my mother. We don't get on, she's needy and always wanting my attention and wants me to drop everything for her. If I didn't have children I'd be happy not to see her as she is always causing dramas. My father left her when I was little and I have had to pay the price. I want my kids to have a grandmother but sometimes I wish it wasn't my mother.

Beverly, Coolum, Q.

Dear Beverly,

It sounds like you're being asked to mother your children and your mother. I believe women have to accept their mothers before they can accept themselves. There are times where it's more difficult than others. It sounds like your mother wasn't mothered very well herself. You can't choose your family but you can learn to understand them better which can help the relationship.

Be clear with your time – let her know there are certain times that you cannot be contacted. Perhaps roster some time every fortnight for her. Mother-daughter relationships can be hard but there's plenty of literature around.

BEST MOTHER-DAUGHTER BOOKS FOR GROWN-UPS

- *My Mother My Self* – Nancy Friday.
- *How to Manage your Mother: Understanding the most Difficult, Complicated and Fascinating Relationship in your Life* – Alyce Faye Cleese.
- *When You and Your Mother Can't Be Friends* – Victoria Secunda.
- *Mama Drama: Making Peace with the One Woman who can Push your Buttons, Make you Cry and Drive you Crazy* – Denise McGregor.

BEST MOTHER-DAUGHTER FILMS – BRING KLEENEX!

- *Terms of Endearment* – Shirley MacLaine.
- *Anywhere but Here* – Susan Sarandon, Natalie Portman.
- *Thirteen* – Holly Hunter.
- *White Oleander* – Michelle Pfeiffer, Alison Lohman.
- *Divine Secrets of the Ya-Ya Sisterhood* – Sandra Bullock.