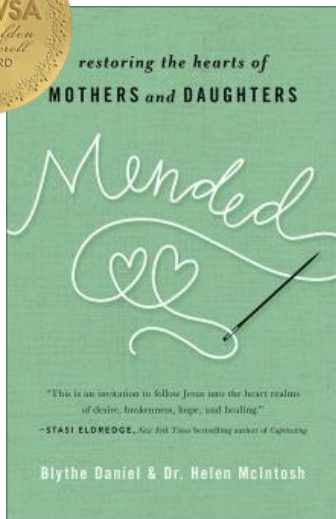


Are You Struggling with a Difficult Mother-Daughter Relationship?

Dr. Helen McIntosh and Daughter, Blythe Daniel, Provide Tools to Help You Restore What Needs Mended



Relationships between mothers and daughters can be messy and hurtful. Dr. Helen McIntosh understands the uncertainty of a strained relationship and the scars that can develop. Raised by a mother who battled anxiety, anger, and alcoholism, Helen struggled to understand her mom's verbal abuse, thinking something was wrong with her.

Years later, after becoming a Doctor of Counseling Psychology, Helen recognized she did the best she could with what she knew about her mother. She had a deep desire to help other women hurt by their mother-daughter relationship and to raise her daughter Blythe differently by maintaining a good relationship with her.

Today, Helen and Blythe, who is a mother of two daughters, have a close and healthy mother-daughter bond achieved through much effort and repairs. In ***Mended: Restoring the Hearts of Mothers and Daughters (Harvest House Publishers)***, they share how they've built, guarded, and renewed a relationship centered around respecting, listening, then talking. They walk readers through the steps to restoring what's between you and include specific conversation starters that are open-handed and welcoming, using grace-filled words with each other. They also show how to experience freedom when you aren't able to talk with the person you want to be mended with.

Helen and Blythe address topics such as:

- How to choose the relationship above your difference of opinion
- How to focus on your relationship and not change or control the other
- How to recognize and remove behaviors that have carried over from generations
- Confront hurts in the present without having to go back through all the mess
- Learning the life skill and the scripts for when you need to make repairs
- What to do when reconciliation is not possible
- Experience healing when your mother or daughter is no longer in your life

As they show readers how to mend relationships in their current place, Helen and Blythe also teach readers to recognize and remove behaviors in their family for their relationships now and in the future. "Whatever you focus on, you run the risk of repeating," Helen says, recognizing how the words she heard growing up impacted her actions and anxieties as a mom and the importance of replacing damaging generational patterns with new, healthy patterns for your family.

Endorsed by Lysa TerKeurst, Sheila Walsh, Liz Curtis Higgs, and Stasi Eldredge, *Mended*

addresses how to respectfully bring up areas to address in your family without blaming, arguing or heading in the wrong direction with each other.

“Restoration with people was never meant to fill us – only God can. But we are built for relationships, and we can be okay even if a relationship doesn’t get restored. Our role is to do all we can to reconcile and then release the person.” Helen and Blythe share with mothers and daughters who have struggled in their relationships and leave them with the hope that they can initiate moving closer to the other even if the other person isn’t open at first.

Mended shares how the forgiveness God offers us can extend to how we forgive our mother or daughter and receive the grace that comes when we forgive someone who may not deserve it. “Your ability to forgive your mother or daughter determines how you experience life walking around free. There will be a lightness to your steps when you aren’t carrying around the weight of your thoughts about her and what you wish would have happened.”

“Forgiveness isn’t just an act we walk through; it’s a way of life we choose. To keep accounts between us clean and open. To mend a tear where it has ripped your family. To mend what appears to have shredded the communication between you.”



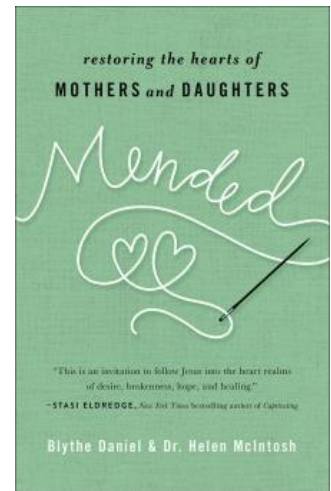
Blythe Daniel is a literary agent and marketer with more than 20 years of experience in publishing. She has written for *Proverbs 31 Ministries*, *Focus on the Family*, Ann Voskamp, *Christian Retailing*, and she links bloggers with readers through the agency’s blog network. The daughter of Dr. Helen McIntosh, she lives in Colorado with her husband and three children.

Dr. Helen McIntosh (EdD, Counseling Psychology) is a counselor, speaker, educator, and author of *Messages to Myself* and *Eric, Jose & The Peace Rug®*. Her work has appeared in *Guideposts*, *ParentLife*, and *HomeLife* magazines. She resides in Georgia with her husband Jim. They have two children and five grandchildren.

www.ourmendedhearts.com
<https://vimeo.com/306044065>

Suggested Interview Questions

- Helen/Blythe, you believe the mother-daughter relationship can be a beautiful or difficult relationship. Why do you believe this?
- Why was it important to you both to write this particular book?
- Where do mothers and daughters most often get it wrong or have conflict?
- You have conversation starters in your book. What are these?
- How do you initiate restoration with a mother or daughter when you haven't spoken for an extended period?
- What are the three types of forgiveness? How can you forgive a mother or daughter who has not asked for forgiveness? Can you still receive healing even if the relationship is not restored?
- If a mother has hurt her daughter but has since passed away, is it possible for the daughter to experience healing?
- What would you say to mothers who desire to be closer to their daughters and vice versa?
- What guidelines or boundaries can mothers and daughters set within their relationship to protect it from distrust or damage?
- How do you recognize unhealthy generational patterns in family relationships? What steps can a mother or daughter take to actively begin to break these patterns?
- How can a mother or daughter live differently even if their relationship isn't restored?
- How is giving advice and having expectations of each other a hindrance?
- What do you hope readers take away from *Mended*? What is your vision for restoring relationships between mothers and daughters?



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Endorsements

Mended will show you how to create an incredible, God-honoring legacy for your family. This is an amazing resource for anyone who desires to deepen their mother-daughter relationship in a Biblical, healthy, and healed way.

Lysa TerKeurst, *New York Times* bestselling author and president of Proverbs 31 Ministries

If you're ready to deepen and strengthen your relationship with your mother, your daughter, your mother-in-law, your daughter-in-law, *Mended* offers the practical, biblical guidance and wise, heartfelt encouragement you're looking for. Whether you struggle with past hurts or present disappointments, Helen and Blythe make it clear that, "No one and no relationship is beyond hope." Each suggestion is supported with Scripture and wrapped in real-life examples drawn from two different generations. So helpful, so hope-filled, so healing!

Liz Curtis Higgs, bestselling author of *Bad Girls of the Bible*

If you have ever thought, "I wish I knew how to really talk to my mom, to my daughter," this book will be a gift. So often we allow years to pass, stuck in misunderstanding and brokenness simply because we don't know what to do or what to say. *Mended* will give you a place to begin.

Sheila Walsh, author of *It's Okay Not to Be Okay*

Helen and Blythe have bared their souls and brightened our relational paths with their writing of this soul-searching, life-instructing book. They walked through fire as they wrote, and the results have emerged as pure gold.

Jan Silvious, author of *Courage for the Unknown Season* and *Fool-Proofing Your Life*

Blythe and Helen weave godly, practical suggestions to move the relationship with your mother or daughter from harmful to healed. In a beautiful conversation, the duo teaches the reader how to sow seeds of peace rather than discord by pointing her to the Author of reconciliation, Jesus."

Wendy Pope, Proverbs 31 Ministries speaker and author of *Wait and See*

As the mother of five daughters, I know firsthand how important the mother-daughter relationship is and how much cultivating is necessary to keep good lines of communication open—the prerequisite for a healthy relationship. In my experience hurts and wounds are inevitable between mothers and daughters. But alienation is not. In *Mended*, we are given a proven path to repair the brokenness and build upon the beauty that is present.

Gail Hyatt, wife of Michael Hyatt, *New York Times* bestselling author of *Platform*

I vacillated back and forth between mother and daughter as I read *Mended*—learning as a mother, absorbing as a daughter. These words can unlock those of us who have felt stuck within either role, unsure of how to find a new way out of old patterns. God's heart for healing families lies within these pages.

Sara Hagerty, author of *Every Bitter Thing Is Sweet* and *Unseen*

Whether your desire is to mend a strained and broken relationship or simply to make a strong and healthy one even better, you will find yourself enlightened, encouraged, and expectant

about the future through the pages of *Mended*. I highly encourage mothers and daughters to enjoy this beautiful book together.

Jeannie Cunnion, author of *Mom Set Free*

The mother-daughter relationship can be both a place where we are most comfortable and vulnerable and yet, at times, feel as though we are walking a tight rope. This practical guide gives us the tools to navigate nurturing and restoring this most important relationship. It will be a resource that I will refer to over and over again.

Lynn Cowell, Proverbs 31 Ministries speaker and author of *Make Your Move*

Quotes from *Mended*

“Even if your mother or daughter has wounded you and never asks your forgiveness, you can still be set free. You can forgive her. You don’t have control over her or her choices, but you do have control over what you do.”

“Forgiveness acts as a barrier, a seal over your family. When forgiveness is in place, there aren’t any areas left open for anyone to bring up what’s in the past. It’s a protection from further hurt and an inner knowing that you have covered this ground between you.”

“Make sure your need to talk isn’t more important than your mother’s or daughter’s need to hear it. It needs to be equally helpful and timely for both of you.”

“It’s important to take responsibility for your words and allow your daughter to take responsibility for hers, but don’t be quick to take responsibility for someone else’s.”

“Sometimes we’ll put onto the other what we wish we had. This is where good boundaries come into play.”

“Unforgiveness is a huge red flag in our mental, social, and emotional health. It’s unhealthy and damaging to those around us, but especially to our own hearts.”

“To the degree you are aware of how much you have been forgiven, you will have the capacity to love more.”

“Asking permission before giving advice, ideas, or feedback is the key to a relationship that doesn’t feel like the other is too involved in your life.”

“The mother-daughter relationship is one of the most tender relationships on the planet, so we desperately need the Spirit’s leading.”

“There isn’t room for codependence in a relationship where two individuals are dependent on God, not each other, to fill them up.”