

Interview Questions

Debbie Alsdorf and Joan Edwards Kay

Authors of *It's Momplicated*

Debbie Alsdorf



Joan Edwards Kay



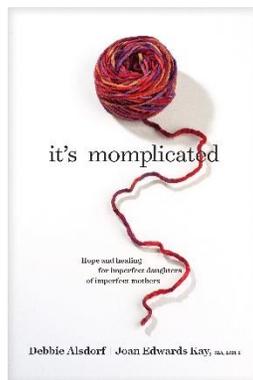
For the past twenty-five years, through her speaking and writing, **Debbie Alsdorf's** mission has been to help women live a better story by leading them to the heart of God's love and the truth of his Word. Debbie is a biblical lay counselor, a Christian life coach, and the founder of Design4Living Ministries. She and her husband, Ray, have raised a blended family of four adult children. Today Debbie's favorite role is being a grandma to six little ones.

Joan Edwards Kay is a licensed marriage and family therapist in the East Bay of San Francisco and has been an adjunct professor at Western Seminary. She received her bachelor's degree from Vassar College and her master's degree from Western Seminary. She is happily married with two adult daughters, four stepdaughters, and five grandchildren.

1. The title of your book, *It's Momplicated*, is unique. Can you tell us a bit more about this title and what you mean by "momplicated"?
2. Why do you think mother/daughter relationships, intended to be special and sacred, can cause so much tension and pain?
3. Is it possible to bring healing where there is brokenness? Do you think a relationship can ever be too far beyond repair?
4. You talk in the book about how a mother imprints a daughter. What do you mean when you talk about imprints?



5. What practical advice can you offer in terms of inner healing related to a daughter carrying an imprint of pain from her relationship with her mother?
6. Can you give us an idea of some of the tools that can help broken mother/daughter relationships move toward reconciliation?
7. In your book, you say that it's possible for a daughter to be who God wants her to be, even if her mom isn't who she needs her to be. Can you unpack that a bit?
8. What is your hope for your book?
9. Who is this book for? Would mothers, adoptive mothers, stepmothers, mothers-in-law, and grandmothers all benefit from this book in addition to daughters?
10. What kinds of relationships did each of you have with your mothers? Can you tell us a little more of your own stories?
11. In your book you talk about lies women have believed about themselves based on their early relationship with mom. What do you mean by that?
12. In your book you talk about being the "transition generation." Please explain that.



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