



Media Alert

It's Momplicated ***Hope and Healing for Imperfect Daughters*** ***of Imperfect Mothers***

Let's face it: When it comes to mothers and their daughters, things can get a little . . . complicated. *Momplicated*, you might say. Whether your relationship with your mom is close or nonexistent, it's one of your life's most important and defining connections. But because we're all imperfect human beings, even the healthiest mother-daughter bond can be a source of tension and heartache. Is healing even possible?

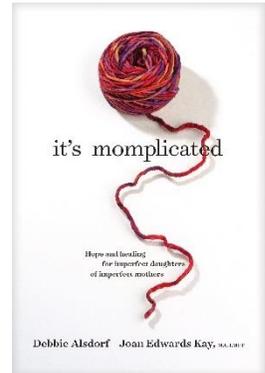
Combining spiritual disciplines and the best of current therapeutic practice, *It's Momplicated* will help you discover

- why you and your mother have the relationship you have—the underlying reasons that may be contributing to strain and unease
- how this integral relationship may be impacting other important relationships in your life—and what you can do to break the cycle
- introspective tools and exercises to equip you with what you need to begin your own personal healing journey
- how to be the daughter God wants you to be even if your mom isn't who you need her to be

It's never too late to love, never too late to heal, and never too late to trust God to turn the pain in our stories into a redemption song. As you read *It's Momplicated*, you'll realize that while God doesn't promise to fix all our circumstances, he does promise to uphold us and to offer internal healing through life in him, no matter what.

***It's Momplicated* is available for review, and Debbie Alsdorf and/or Joan Edwards Kay are available for interviews to discuss**

- A mother-daughter relationship is one of life's most important and defining connections, but even the healthiest mother-daughter bond can be complex—sometimes a source of joy, but often a source of tension, heartache and residual pain.
- How our early connection with our mothers may have impacted our sense of self, and other important relationships—and what we can do to break the cycle.
- Alsdorf and Kay offer affirmation and practical tools for daughters, promoting inner healing and the promise of redemption, regarding complex and broken mother-daughter relationships.
- Experiencing residual pain from our mothers and moving past the pain toward healing and/or reconciliation.
- Women who want to be better mothers, need to first heal themselves from the dysfunctional beliefs and patterns that were passed to them from their moms.





About the Authors

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.

Interview Questions

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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