



The Mary Waldon Show: Raising and Empowering Young Women, Mind, Body, and Spirit

Archives Available

December 04th 2012: Mother/Daughter Relationships -How to Cultivate the Most Important Relationship of Your Daughter's Life Part II

The Mother/Daughter relationship can be one of the most challenging relationships for women over the course of a lifetime, especially during the adolescent years. Today's show looks at how understanding the interaction between different personalities types can support more effective communication between mothers and daughters. And we explore using popular films to break down barriers between mothers and daughters in a non-threatening way. Join us for an in-depth, thought-provoking discussion. And remember, your questions and comments are always welcome at change@marywaldon.com. Thank you for li

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Featured Guests



Angel Tucker

Angel Tucker, C.H.B.C. Certified Human Behavior Consultant Angel Tucker is an expert personality profiler whose dynamic presentations empower people to improve their relationships, parent more effectively, and advance in their careers! She is the author of the best-selling book *Stop Squatting With Your Spurs On* – the power to read people, get what you want, and communicate without pain. Angel has also created an award winning children's book series called the "Four Pals" and co-authored *Mastering the Art of Success* with Mark Victor Hansen, Jack Canfeld and Les Brown.

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Lisa Bahar

Lisa Bahar, MA, CCJP, LMFT, LPCC Lisa Bahar is a licensed marriage and family therapist and licensed professional clinical counselor. Lisa earned her graduate degree at Pepperdine University in Clinical Psychology and her Baccalaureate in Cinema-Television Production from the University of Southern California. Lisa works extensively with Dialectical Behavior Therapy and Cinema-Therapy. Lisa is in private practice in Newport Beach and is a member of clinical team at Safe Harbor for Women.

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