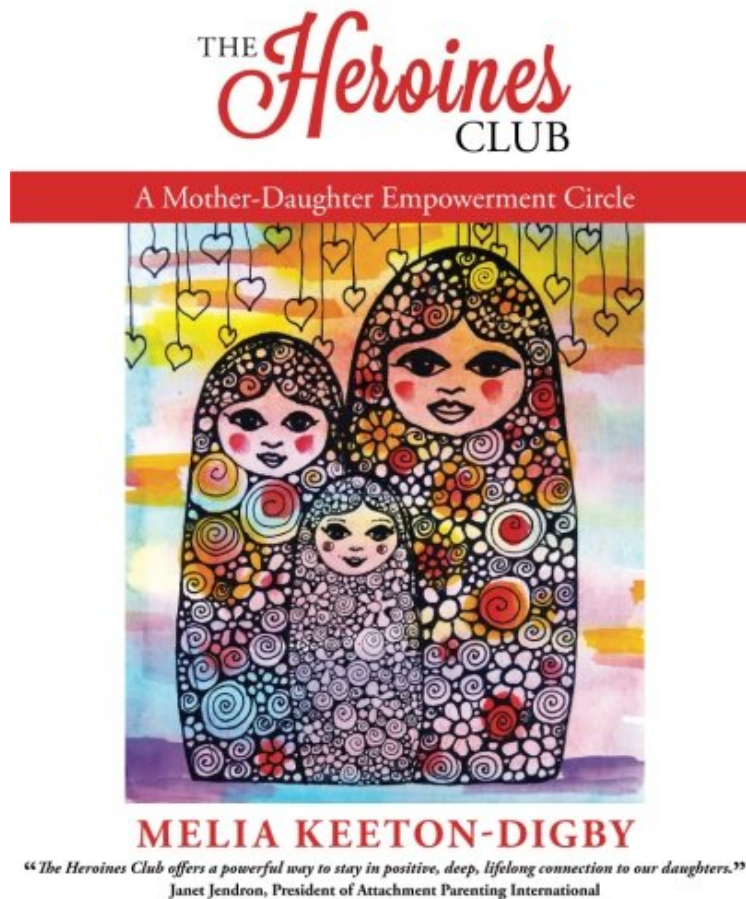


(Download pdf) The Heroines Club: A Mother-Daughter Empowerment Circle

The Heroines Club: A Mother-Daughter Empowerment Circle

Melia Keeton-Digby

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Melia Keeton-Digby : The Heroines Club: A Mother-Daughter Empowerment Circle before purchasing it in order to gage whether or not it would be worth my time, and all praised The Heroines Club: A Mother-Daughter Empowerment Circle:

2 of 2 people found the following review helpful. Keeton-Digby writes beautifully, both welcoming and inspiring mothers to connect with ...By Amy BammellIf you are raising a daughter, The Heroines Club is a must-have for your parenting library. Far beyond the trendy "Girl Power!" themed offerings of the last several years, The Heroines Club delves deeply into the consistently overlooked worth of women throughout history, and uses their powerful and inspiring stories to connect with not only girls, but their mothers as well. Creating a space for both mothers and daughters together is a critical shift from typical girl empowerment fare and is what differentiates The Heroines Club from others in this genre.Keeton-Digby writes beautifully, both welcoming and inspiring mothers to connect with their dreams, honor their bodies, and advocate for themselves -- right along with their daughters.This book is both life changing and paradigm shifting -- offering daughters the chance to learn about and identify with real women of substance, and offering mamas the opportunity to be more than merely by-standers in the empowerment of the next

generation of women.2 of 2 people found the following review helpful. Wow!By nwlmoonThe Heroines Club is a terrific book for bringing mothers and daughters together in a mutual support network. It's easy and fun to read but also based on solid scholarship. One thing I love about this book is how it provides not just knowledge about great women, but also specific activities for mothers and daughters to do together. We can use the plans as is, or rearrange them to suit our own group and personalities. The suggested activities are fun and playful. Rather than a school lesson they feel like a big hug. Doing it in a group with other mothers and daughters makes it more real and meaningful, as well as making our friendships stronger. Girls approaching or going through puberty are hit with a lot of negative messages about who and what they are supposed to be. Having the support of other women can help them get through this difficult time and come out stronger. The Heroines Club can also be helpful for motherless women who are facing the challenge of building their own mothers from the inside out.1 of 1 people found the following review helpful. This title was clearly a labor of love for the authorBy Anne BurnettThis lovely and practical book is a "must" for mothers of daughters and daughters of mothers. It provides the template for developing a supportive circle allowing girls to explore their own power and creativity. Along the way, all participants learn about strong women from diverse backgrounds as they learn about each other. This title was clearly a labor of love for the author, whose joy in facilitating the first Heroines Club shines throughout the entire volume. What a delightful and useful gift for all mother-daughter pairs.

The Heroines Club: A Mother-Daughter Empowerment Circle offers nourishing guidance and a creative approach for mothers and daughters, aged 7+, to learn and grow together through the study of women's history. Each month focuses on a different heroine, featuring athletes, inventors, artists, and revolutionaries from around the world including Frida Kahlo, Rosalind Franklin, Amelia Earhart, Anne Frank, Maya Angelou and Malala Yousafzai as strong role models for young girls to learn about, look up to, and be inspired by. Offering thought-provoking discussion, powerful rituals, and engaging creative activities, The Heroines Club fortifies our daughters self-esteem, invigorates mothers spirits, and nourishes the mother-daughter relationship. In a culture that can make mothering daughters seem intimidating and isolating, it offers an antidote: a revolutionary model for empowering your daughter and strengthening your mother-daughter relationship.

The Heroines Club is an indispensable guide for fostering an intimate mother-daughter bond. In my women's health practice, I encounter women struggling with health issues rooted in low self-esteem, inability to advocate for themselves and lack of connection with their bodies. The Heroines Club is real preventative medicine, helping mothers and their daughters to steer clear of these all too common pitfalls through nurturing their inherent intuition. Keeton-Digby has given her readers the gift of an inspired program that builds on her own deep personal experiences, creating a guide that will foster the mother-daughter dyad to its full healing potential. In this clear and articulate read, she distills her life lessons into an integrated approach that is deceptively simple yet exceedingly rich. I was moved to share this book with the important women in my life: mother, daughters, sisters and friends. I'm sure you will want to do the same. Rebecca Lasky Cohen, M.D. The world is overwhelmed with resources on connecting to our babies and younger children. Information on "how to manage" older children abounds. The Heroines Club is unique. It offers a simple and powerful way to stay in positive, deep, lifelong connection to our daughters. The simple and transparent methods in this book embody principles of compassionate communication that build trust and empathy in our most intimate relationships, rather than "managing people." While recognizing, honoring and supporting the role of women in creating healthy societies, The Heroines Club also helps us create communication and relationship that respect the dignity of others at any age. I believe all mothers want mutually nurturing relationships with our daughters. This book shows us how to be intentional about sustaining the strong yet sometimes fragile connections among women, rather than leaving things to chance. The Heroines Club resonated with me on a deep intellectual, emotional and spiritual level. Janet Jendron, President of Attachment Parenting International Melia Keeton-Digby has created a wise ritual, rooted in ancient practices and invoking the issues of our times. The Heroines Club brings relational sensitivity and a fierce fighting spirit to the support of mother-daughter bonding, the creation of community, the calling forth of the Motherline and the honoring of a pantheon of heroines who inspire women's empowerment as well as their psychological, and spiritual development. A blessing for women and girls, I hope The Heroines Club will travel the world. Naomi Ruth Lowinsky Ph.D, Jungian analyst, author of The Motherline In a world that devalues the female from birth, The Heroines Club is a beautiful gift for mothers and daughters to reestablish their worth, power and creativity. I enjoyed reading it myself and look forward to working through the monthly activities with my daughter. A highly recommended read for mothers of girl-children filled with ideas you can easily incorporate into your lives. If you have wanted to begin an empowering mother-daughter circle but were at a loss as to how, The Heroines Club walks you through it seamlessly. Trista Hendren, author of The Girl God series The Heroines Club represents a joyful and powerful way for mothers and daughters to connect as they draw on the history, knowledge, and wisdom of those who came before us. I would highly recommend it to any mother who is looking for a new and different way to learn and grow with her daughter, either as a dyad or part of a larger group. Carla Naumburg, PhD, clinical social worker

and author of *Parenting in the Present Moment* About the Author Melia Keeton-Digby, M.Ed, is the founder of The Mother-Daughter Nest, a sacred womens gathering space in Georgia, USA. She is passionately invested in supporting mothers to raise confident, connected daughters. A mother of three, she works as a speech-language pathologist, transformational life coach and sacred circle facilitator. Her work has been featured in a variety of online and print publications.