



Side by Side: The Revolutionary Mother-Daughter Program for Conflict-Free Communication

Charles Sophy, Brown Kogen

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“Readers [of *Side by Side*] will come away with a rich perspective and a renewed ability to connect head and heart so that every mother/daughter will have a richer, more satisfying relationship.” —Dr. Drew Pinsky, host of *Celebrity Rehab with Dr. Drew*

Renowned family and child psychiatrist Dr. Charles Sophy’s *Side by Side* offers a proven strategy to restore loving and effective communication between mothers and daughters. Dr. Sophy, Medical Director for the Los Angeles County Department of Children and Family Services and regular guest on the *Today Show* and *Larry King Live*, has found that the most promising—and problematic—family dynamic is the one between mother and daughter. Dr. Sophy developed the program presented in *Side by Side* in response to this realization. In the vein of Deborah Tannen’s *You’re Wearing That?* and Christiane Northrup’s *Mother Daughter Wisdom*, *Side by Side* offers valuable advice for mothers and daughters everywhere.

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