



# Because My Mother Did It!: Resolve Relationship Communication Issues & Heal the Generation Gap!

*Shana B. Rhinehart*

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## **Because My Mother Did It!: Resolve Relationship Communication Issues & Heal the Generation Gap!**

Shana B. Rhinehart

The Generation Gap is a much misunderstood concept. What is a generation? What is in this gap? Why does it haunt our families so much? Originally entitled, "Unto the Generations", this book answers these questions and many more. My journey to discover the meaning of generations began at my kitchen table. My family was having major miscommunication fueled drama. We did not understand each other and felt separated from each other. This was not the family experience I dreamed of. I wanted more for my family. I saw this huge hole in my family experience and I decided that it was not acceptable. I had to fix this, so my children would have a much better family life and childhood than I did. So, I took a stand. I undertook a journey to discover real solutions and to truly understand the underlying cause. Along the way, I found many solutions to parenting for moms and parenting for dads. Intermixed with seriously personal anecdotes and funny tales from my journey, Because My Mother Did It gives a practical and pragmatic path to family healing. Truly, this is a solid solution to a rampant issue all of us face but usually cannot name!

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