



Mother Daughter Me: A Memoir

Katie Hafner

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The complex, deeply binding relationship between mothers and daughters is brought vividly to life in Katie Hafner's remarkable memoir, an exploration of the year she and her mother, Helen, spent working through, and triumphing over, a lifetime of unresolved emotions.

Dreaming of a "year in Provence" with her mother, Katie urges Helen to move to San Francisco to live with her and Zoë, Katie's teenage daughter. Katie and Zoë had become a mother-daughter team, strong enough, Katie thought, to absorb the arrival of a seventy-seven-year-old woman set in her ways.

Filled with fairy-tale hope that she and her mother would become friends, and that Helen would grow close to her exceptional granddaughter, Katie embarked on an experiment in intergenerational living that she would soon discover was filled with land mines: memories of her parents' painful divorce, of her mother's drinking, of dislocating moves back and forth across the country, and of Katie's own widowhood and bumpy recovery. Helen, for her part, was also holding difficult issues at bay.

How these three women from such different generations learn to navigate their challenging, turbulent, and ultimately healing journey together makes for riveting reading. By turns heartbreaking and funny—and always insightful—Katie Hafner's brave and loving book answers questions about the universal truths of family that are central to the lives of so many.

Praise for *Mother Daughter Me*

"The most raw, honest and engaging memoir I've read in a long time."—**KJ Dell'Antonia**, *The New York Times*

"A brilliant, funny, poignant, and wrenching story of three generations under one roof, unlike anything I have ever read."—**Abraham Verghese**, author of *Cutting for Stone*

"Weaving past with present, anecdote with analysis, [Katie] Hafner's riveting account of multigenerational living and mother-daughter frictions, of love and forgiveness, is devoid of self-pity and unafraid of self-blame. . . . [Hafner is] a bright—and appealing—heroine."—**Cathi Hanauer**, *Elle*

"[A] frank and searching account . . . Currents of grief, guilt, longing and forgiveness flow through the compelling narrative."—**Steven Winn**, *San Francisco Chronicle*

"A touching saga that shines . . . We see how years-old unresolved emotions manifest."—**Lindsay Deutsch**, *USA Today*

"[Hafner's] memoir shines a light on nurturing deficits repeated through generations and will lead many readers to relive their own struggles with forgiveness."—**Erica Jong**, *People*

"An unusually graceful story, one that balances honesty and tact . . . Hafner narrates the events so adeptly that they feel enlightening."—*Harper's*

“Heartbreakingly honest, yet not without hope and flashes of wry humor.”—*Kirkus Reviews*

“[An] emotionally raw memoir examining the delicate, inevitable shift from dependence to independence and back again.”—*O: The Oprah Magazine (Ten Titles to Pick Up Now)*

“Scrap any romantic ideas about what goes on when a 40-something woman invites her mother to live with her and her teenage daughter for a year. As Hafner hilariously and touchingly tells it, being the center of a family sandwich is, well, complicated.”—*Parade*

From the Hardcover edition.

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