

their role as parents. Each chapter provides “real-life” examples of how individuals have put these principles into practice. The stories are inspirational and often humorous, and the quotes from grandchildren will make readers laugh out loud.

While intended for grandparents, this book will also be relevant to others, such as aunts and uncles, who play significant roles in children’s lives. *Intentional Grandparenting* is a must read for all grandparents who want to enrich their relationships with both their grandchildren and adult children.

### ***Communication Among Grandmothers, Mothers, and Adult Daughters***

Michelle Miller-Day  
Mahwah, New Jersey: Lawrence Erlbaum, 2004

#### **Reviewed by Ruth Nemzoff**

Congratulations to Michelle Miller-Day for writing a readable academic study, *Communication Among Grandmothers, Mothers, and Adult Daughters*. Miller-Day’s book begins with an excellent review of the limited literature on mother-adult child relationships across the generations, and goes on to present a detailed study of three generations of several different families living in one town. Her qualitative analysis focuses on how intergenerational relationships influence individual outcomes.

Miller-Day is to be lauded for revealing that it is the complexity of relationships that leads to dependency. The families in which there are many problems, such as anorexia, suicidal trends, and depression, tend to be “enmeshed” families where the younger women are of lower status in the familial hierarchy and depend on the older women for decision-making. The lower-status women often repress their own opinions and instincts in deference to the older women’s judgments and beliefs. In contrast, in “embedded” families each generation is encouraged to develop and express its own opinions, which encourages a more open atmosphere.

This book will appeal to those studying relationships between adult kin. This is also a useful book for practitioners and family therapists who want to help family members communicate through respectful negotiation.