



The Fatherless Daughter Project: Understanding Our Losses and Reclaiming Our Lives

Denna Babul, Karin Luise

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“This groundbreaking work will give voice to an enormous population of women who are struggling to understand themselves in the face of their fathers’ absence.” —Claire Bidwell Smith, author of *The Rules of Inheritance* and *After This*

When *Motherless Daughters* was published 20 years ago, it unleashed a tsunami of healing awareness. When Denna Babul and Karin Smithson couldn't find the equivalent book for fatherlessness, *The Fatherless Daughter Project* was born. The book will set fatherless women on the path to growth and fulfillment by helping them to understand how their loss has impacted their lives.

A father is supposed to provide a sense of security and stability. Losing a father comes with particular costs that vary depending on the way he left and how old a girl was when she lost him. Drawing on interviews with over 5000 women who became fatherless due to death, divorce, neglect, and outright abandonment, the authors have found that fatherless daughters tend to push their emotions underground. These issues in turn become distinct patterns in their relationships as adult women and they often can't figure out why. Delivered with compassion and expertise, this book allows readers support and understanding they never had when they first needed it, and it encourages the conversation to continue.

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