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# The Eldest Daughter Effect How Firstborn Women Like Oprah Winfrey Sheryl Sandberg Jk Rowling And Beyoncac Harness Their Strengths

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2023-01-23

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## **GINA DAUGHERTY**

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*The Dance of the  
Dissident Daughter  
Bluefire*

A provocative and  
surprising exploration of  
the longest sustained

relationships we have in  
life—those we have with  
our siblings. Nobody  
affects us as deeply as  
our brothers and sisters.  
Our siblings are our  
collaborators and co-  
conspirators, our role

models and cautionary tales. They teach us how to resolve conflicts and how not to, how to conduct friendships and when to walk away. Our siblings are the only people we know who truly qualify as partners for life. In this perceptive and groundbreaking book, Jeffrey Kluger explores the complex world of siblings in equal parts science, psychology, sociology, and memoir. Based on cutting-edge research, he examines birth order, twins, genetic encoding of behavioral traits,

emotional disorders and their effects on sibling relationships, and much more. With his signature insight and humor, Kluger takes science's provocative new ideas about the subject and transforms them into smart, accessible insights that will help everyone understand the importance of siblings in our lives. *Birth Order Blues* Bloomsbury Publishing USA "Bittersweet, funny and achingly real," this mother-daughter

relationship novel "delivers a strong, emotional reminder about the importance of loved ones" (Publishers Weekly). Claire and her mother are running out of time, but they don't know it. Not yet. Claire is wrapped up with the difficulties of her burgeoning adulthood—boys, school, friends, identity; Claire's mother, a single mom, is rushed off her feet both at work and at home. They rarely find themselves in the same room at the same time, and it often

seems that the only thing they can count on are notes to each other on the refrigerator door. When home is threatened by a crisis, their relationship experiences a momentous change. Forced to reevaluate the delicate balance between their personal lives and their bond as mother and daughter, Claire and her mother find new love and devotion for one another deeper than anything they had ever imagined. Heartfelt, touching, and unforgettable, *Life on the Refrigerator Door* is a

glimpse into the lives of mothers and daughters everywhere. In this deeply touching novel told through a series of notes written from a loving mother and her devoted fifteen-year-old daughter, debut author Alice Kuipers deftly captures the impenetrable fabric that connects mothers and daughters throughout the world. Moving and rich with emotion, *Life on the Refrigerator Door* delivers universal lessons about love in a wonderfully simple and poignant narrative. "Very original

and touching." —Joanne Harris, New York Times bestselling author of *Chocolat*  
*Childless Living*  
 HarperCollins  
 "In this sweeping, immersive novel, Clare McHugh draws readers into the mesmerizing world of the eldest daughter of Queen Victoria – Princess Vicky – as she emerges into a powerful force in her own right and ascends to become the first German Empress." —Marie Benedict, New York Times bestselling author of *The*

Only Woman in the Room  
Perfect for fans of the BBC's Victoria, Alison Pataki's The Accidental Empress, and Daisy Goodwin's Victoria, this debut novel tells the gripping and tragic story of Queen Victoria's eldest daughter, Victoria, Princess Royal. To the world, she was Princess Victoria, daughter of a queen, wife of an emperor, and mother of Kaiser Wilhelm. Her family just called her Vicky...smart, pretty, and self-assured, she changed the course of the world.

January 1858: Princess Victoria glides down the aisle of St James Chapel to the waiting arms of her beloved, Fritz, Prince Frederick, heir to the powerful kingdom of Prussia. Although theirs is no mere political match, Vicky is determined that she and Fritz will lead by example, just as her parents Victoria and Albert had done, and also bring about a liberal and united Germany. Brought up to believe in the rightness of her cause, Vicky nonetheless struggles to thrive in the

constrained Prussian court, where each day she seems to take a wrong step. And her status as the eldest daughter of Queen Victoria does little to smooth over the conflicts she faces. But handsome, gallant Fritz is always by her side, as they navigate court intrigue, and challenge the cunning Chancellor Otto von Bismarck, while fighting for the throne—and the soul of a nation. At home they endure tragedy, including their son, Wilhelm, rejecting all they stand

for. Clare McHugh tells the enthralling and riveting story of Victoria, the Princess Royal—from her younger years as the apple of her father Albert's eyes through her rise to power atop the mighty German empire to her final months of life. *The Daughter of Time (Inspector Alan Grant Mystery)* Simon and Schuster  
 Sure to become a classic on female empowerment, a groundbreaking exploration of the personal, cultural, and global implications of

intergenerational trauma created by patriarchy, how it is passed down from mothers to daughters, and how we can break this destructive cycle. Why do women keep themselves small and quiet? Why do they hold back professionally and personally? What fuels the uncertainty and lack of confidence so many women often feel? In this paradigm-shifting book, leading feminist thinker Bethany Webster identifies the source of women's trauma. She calls it the Mother

Wound—the systemic disenfranchisement of women by the patriarchy—and reveals how this cycle is perpetuated by wounded mothers who unconsciously pass on damaging beliefs and behaviors to their daughters. In her workshops, online courses, and talks, Webster has helped countless women re-examine their lives and their relationships with their mothers, giving them the vocabulary to voice their pain, and

encouraging them to share their experiences. In this manifesto and self-help guide, she offers practical tools for identifying the manifestations of the Mother Wound in our daily life and strategies we can use to heal ourselves and prevent our daughters from enduring the same pain. In addition, she offers step-by-step advice on how to reconnect with our inner child, grieve the mother we didn't have, stop people-pleasing, and, ultimately, transform our heartache and anger into

healing and self-love. Revealing how women are affected by the Mother Wound, even if they don't personally identify as survivors, *Discovering the Inner Mother* revolutionizes how we view mother-daughter relationships and gives us the inspiration and guidance we need to improve our lives and ultimately create a more equitable society for all. [Daughter of the Forest](#) Henry Holt and Company (BYR) "What do Angela Merkel, Hillary Rodham Clinton,

Christine Lagarde, Oprah Winfrey, Sheryl Sandberg, JK Rowling and Beyoncé have in common?" was the headline in the English newspaper *The Observer* in 2014. "Other than riding high in Forbes list of the world's most powerful women," journalist Tracy McVeigh wrote in answer to her own question, "they are also all firstborn children in their families. Firstborn children really do excel." So what does it mean to be an eldest daughter? Firstborns Lisette Schuitemaker and Wies

Enthoven set out to discover the big five qualities that characterize all eldest daughters to some degree. Eldest daughters are responsible, dutiful, thoughtful, expeditious and caring. Firstborns are more intelligent than their siblings, more proficient verbally and more motivated to perform. Yet at the same time they seriously doubt that they are good enough. Being an eldest daughter can have certain advantages, but the overbearing sense of responsibility often gets

in the way. Parents may worry about their 'difficult' eldest girl who wants to be perfect in everything she does whilst her siblings may not always understand her. "The Eldest Daughter Effect" shows how firstborn girls become who they are and offers insights that can give them more freedom to move. And parents will gain a better understanding of their firstborn children and can support them more fully on their way.  
*I Am Not Your Perfect*

*Mexican Daughter* Harper Collins  
"What do Angela Merkel, Hillary Rodham Clinton, Christine Lagarde, Oprah Winfrey, Sheryl Sandberg, JK Rowling and Beyoncé have in common?" was the headline in the English newspaper The Observer in 2014. "Other than riding high in Forbes list of the world's most powerful women," journalist Tracy McVeigh wrote in answer to her own question, "they are also all firstborn children in their families. Firstborn children really do excel."

So what does it mean to be an eldest daughter? Firstborns Lisette Schuitemaker and Wies Enthoven set out to discover the big five qualities that characterize all eldest daughters to some degree. Eldest daughters are responsible, dutiful, thoughtful, expeditious and caring. Firstborns are more intelligent than their siblings, more proficient verbally and more motivated to perform. Yet at the same time they seriously doubt that they are good enough. Being

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firstborn children and can support them more fully on their way. *Small Fry* Macmillan A riveting, provocative, and ultimately hopeful exploration of mother-daughter estrangement, woven with research and anecdotes, from an award-winning journalist. The day of her mother's funeral, Harriet Brown was five thousand miles away. For years they'd gone through cycles of estrangement and connection, drastic blow-ups and equally dramatic reconciliations. By the

time her mother died at seventy-six, they hadn't spoken at all in several years. Her mother's death sent Brown on a journey of exploration, one that considered guilt and trauma, rage and betrayal, and forgiveness. *Shadow Daughter* tackles a subject we rarely discuss as a culture. Family estrangements -- between parents and children, siblings, multiple generations -- are surprisingly common, and even families that aren't officially estranged often have some experience of

deep conflicts. Despite the fact that the issue touches most people one way or another, estrangement is still shrouded in secrecy, stigma, and shame. We simply don't talk about it, and that silence can make an already difficult situation even harder. Brown tells her story with clear-eyed honesty and hard-won wisdom; she also shared interviews with others who are estranged, as well as the most recent research on this taboo topic. Ultimately, *Shadow*

*Daughter* is a thoughtful, provocative, and deeply researched exploration of the ties that bind and break, forgiveness, reconciliation, and what family really means.

### **Galileo's Daughter**

HarperCollins

Decades of research have demonstrated that the parent-child dyad and the environment of the family -- which includes all primary caregivers -- are at the foundation of children's well-being and healthy development. From birth, children are learning and

rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The

experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and

services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been

effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research

to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

[A Most English Princess](#)  
Harper Collins

Seventy now-adult children of divorce give their candid and often heart-wrenching answers to eight questions (arranged in eight chapters, by question), including: What were the main effects of your parents' divorce on your life? What do you say to

those who claim that "children are resilient" and "children are happy when their parents are happy"? What would you like to tell your parents then and now? What do you want adults in our culture to know about divorce? What role has your faith played in your healing? Their simple and poignant responses are difficult to read and yet not without hope. Most of the contributors--women and men, young and old, single and married--have never spoken of the pain and consequences of their

parents' divorce until now. They have often never been asked, and they believe that no one really wants to know. Despite vastly different circumstances and details, the similarities in their testimonies are striking; as the reader will discover, the death of a child's family impacts the human heart in universal ways.

### **Discovering the Inner**

**Mother** Simon and Schuster

"I was amazed to find that I had no idea how to unfold my spiritual life in

a feminine way. I was surprised, and, in fact, a little terrified, when I found myself in the middle of a feminist spiritual reawakening."  
--Sue Monk Kidd  
For years, Sue Monk Kidd was a conventionally religious woman. Then, in the late 1980s, Kidd experienced an unexpected awakening, and began a journey toward a feminine spirituality. With the exceptional storytelling skills that have helped make her name, author of *When the Heart Waits* tells her very personal

story of the fear, anger, healing, and freedom she experienced on the path toward the wholeness that many women have lost in the church. From a jarring encounter with sexism in a suburban drugstore, to monastery retreats and to rituals in the caves of Crete, she reveals a new level of feminine spiritual consciousness for all women- one that retains a meaningful connection with the "deep song of Christianity," embraces the sacredness of ordinary women's experience, and has the

power to transform in the most positive ways every fundamental relationship in a woman's life— her marriage, her career, and her religion. This Plus edition paperback includes a recent interview with the author conducted by the book's editor Michael Maudlin. Winter Garden Snowy Wings Publishing An internationally renowned authority on children and divorce reveals the latest research-based strategies for helping children survive and thrive before,

during, and long after their parents divorce. The breakup of a family can have an enduring impact on children. But as Dr. JoAnne Pedro-Carroll explains with clarity and compassion in this powerful book, parents can positively alter the immediate and long-term effects of divorce on their children. The key is proven, emotionally intelligent parenting strategies that promote children's emotional health, resilience, and ability to lead satisfying lives. Over the past three

decades, Pedro-Carroll has worked with families in transition, conducted research, and developed and directed award-winning, court-endorsed programs that have helped thousands of families navigate divorce and its aftermath. Now she shares practical, research-based advice that helps parents: -gain a deeper understanding of what their children are experiencing -develop emotionally intelligent parenting strategies with the critical combination of boundless love and

appropriate limits on behavior -reduce conflict with a former spouse and protect children from conflict's damaging effects -learn what recent brain research reveals about stress and children's developing capabilities Filled with the voices and drawings of children and the stories of families, Putting Children First delivers a positive vision for a future of hope and healing.

The Birth Order Book

Celestial Arts

Reading this book, you get the sense that Lisette

Schuitemaker sees right through you. As if she knows that you gorge on chocolate at times, that you go crazy if people know something you don't, that you are bound to hit the slow cashier one day. Or that in truth you're not here at all with your thoughts. And how ardently you hope that one day someone will truly love you the way you are. You, me, all of us have drawn some conclusions in our childhood: impressions we got as a young child and the conclusions we

jumped to about ourselves, the world and our place in it. These childhood conclusions still produce habitual thoughts that mark our behaviors. "Why didn't I know this before and why don't we all know this?' were the questions that prompted the author to share her insights. Illustrated with examples from her private practice she shows how childhood conclusions are at work in all of us--and how we can turn them around into a positive outlook on ourselves and others. The five childhood

conclusions tell you exactly what you think about yourself. And how you could think differently. And gain so much more freedom for living your life. This book is for anyone who is curious where their habitual thoughts arise from.

The Eldest Daughter Effect Lcb Publishing

Helps firstborns understand their natural advantages - while becoming aware of their weaknesses and learning how to sidestep them - for the highest level of

personal success at home, at school, at work, and in relationships.

*The Childhood Conclusions* Fix Little, Brown

The dramatic conclusion to the inspirational family saga that has captivated millions of readers around the world! A New York Times, USA Today, and Publisher's Weekly bestseller from the author of Redeeming Love. In the dramatic conclusion to the Marta's Legacy series, the beloved author of Redeeming Love and The Masterpiece delivers a

rich and deeply moving story about the silent sorrows that can tear a family apart and the grace and forgiveness that can heal even the deepest wounds. Marta's granddaughter, Carolyn, comes of age during the turbulent sixties, struggling to navigate a tense family life. Though college offers a taste of freedom, tragedy shatters her confidence and she disappears into the heady counterculture of San Francisco. When she reemerges, more lost than ever, she reluctantly

turns to her family to help her rebuild a life for herself and her own daughter, May Flower Dawn. But familiar tensions emerge when Dawn develops a closer bond with her grandmother than her own mother. As she seeks to avoid the mistakes of those who went before her, Dawn determines to become a bridge between the women in her family. Her Daughter's Dream is the emotional final chapter of an unforgettable saga about the sacrifices mothers

make for their daughters and the very nature of unconditional love. "Rivers has written another page-turner. . . . This heartfelt and sweeping saga is as ambitious as its central matriarch." —Publishers Weekly "Engrossing and stunning. . . . The prose is elegant and life changing. . . . This sweeping family saga will touch both the heart and soul." —Romantic Times Daughter of Smoke & Bone DigiCat On the outside, seventeen year-old Selena McKinley

is like any other teenage girl. Yet Selena has always felt as if she doesn't belong and is counting the days to graduation and her freedom from the small town that makes her feel so out of place, when the arrival of a stranger turns her world upside down. Selena will learn just how different she is and the truth of where she comes from. A lost princess, they call her, the catalyst for a war involving a world that Selena was taken from as a child. An evil queen obsessed with her own

beauty with a plan to enslave the human race....the notion seems so silly, yet Selena knows in her heart that it is true. Then there is Titus, the shape shifter whose blue eyes and claims of destiny hold her heart captive. Can Selena find the strength to do what she must while following her heart?

*Raising a Daughter* Simon and Schuster

Girls are born believing that they can do anything, but our media-driven culture of mixed messages and conflicting

values can make growing up a confusing and risky business. And for parents, it is a daunting responsibility to raise confident, independent daughters while still keeping them safe.

Jeanne and Don Elum address such complex challenges as: • peer pressure and evolving social roles • emotional effects of physical changes • moodiness, eating disorders, and depression • the consequences of early sexuality • the gender gap between girls and

boys • new research on ADD and ADHD in girls • daughters and single parenting *Raising A Daughter* guides parents through each stage of a girl's development, from infant to toddler, through middle childhood, the teen years, and on into early adulthood. A bestseller since 1994, this newly revised classic offers a practical exploration of what it means to have a daughter, and a compassionate study of what it means to be a woman coming of age in

today's world.

*Daughter of the Red Dawn*  
Grove Press

Alan Grant, Scotland Yard Inspector is feeling bored while confined to bed in hospital with a broken leg. Marta Hallard, an actress friend of his, suggests that he should amuse himself by researching a historical mystery. She brings him some pictures of historical characters, aware of Grant's interest in human faces. He becomes intrigued by a portrait of King Richard III. He prides himself on being able to read a

person's character from his appearance, and King Richard seems to him a gentle, kind and wise man. Why is everyone so sure that he was a cruel murderer? With the help of other friends and acquaintances, Grant investigates Richard's life and the case of the Princes in the Tower, testing out his theories on the doctors and nurses who attend to him. Grant spends weeks pondering historical information and documents with the help of Brent Carradine, a likable young American

researcher working in the British Museum. Using his detective's logic, he tries to come to the conclusion whether the claim of Richard being a murderer is a fabrication of Tudor propaganda, or was he really a monstrous hunchback. *The Daughter of Time* was voted greatest mystery novel of all time by the Crime Writers' Association in 1990.

### **KooKooLand**

HarperCollins  
*Daughter of the Forest* is a testimony to an incredible author's talent,

a first novel and the beginning of a trilogy like no other: a mixture of history and fantasy, myth and magic, legend and love. Lord Colum of Sevenwaters is blessed with six sons: Liam, a natural leader; Diarmid, with his passion for adventure; twins Cormack and Conor, each with a different calling; rebellious Finbar, grown old before his time by his gift of the Sight; and the young, compassionate Padriac. But it is Sorcha, the seventh child and only daughter, who alone is

destined to defend her family and protect her land from the Britons and the clan known as Northwoods. For her father has been bewitched, and her brothers bound by a spell that only Sorcha can lift. To reclaim the lives of her brothers, Sorcha leaves the only safe place she has ever known, and embarks on a journey filled with pain, loss, and terror. When she is kidnapped by enemy forces and taken to a foreign land, it seems that there will be no way for

her to break the spell that condemns all that she loves. But magic knows no boundaries, and Sorcha will have to choose between the life she has always known and a love that comes only once. Juliet Marillier is a rare talent, a writer who can imbue her characters and her story with such warmth, such heart, that no reader can come away from her work untouched. At the Publisher's request, this title is being sold without Digital Rights Management Software

(DRM) applied.

**America's First Daughter**

Da Capo Press

There are many factors affecting a child's personality and the adult they become, but the least understood is birth order. Why is it that children in a family can share the same gene pool, a similar socio-economic environment and experience similar parenting styles yet have fundamentally different personalities, interests and even different careers as adults? Birth order! The implications for parents,

teachers and adults involved with children are many. First published in 2003 to great acclaim, this fully revised and updated edition seeks to increase the reader's understanding of birth order theory, including the impact of a child's broader social environment and the rise of the standard two-child family, where the second-born is simultaneously the last-born. It will enable you to delve a little deeper and look for the constellation of positions within a family, giving you

a clearer picture of your own quirks and ambitions, along with those of your siblings, children, partner, workmates, friends and colleagues. Addressing multiple births, children with a disability, genetic engineering, blended families, gender balance, only children and birth-order balance in the workplace, parenting expert and father of three Michael Grose challenges parents to raise each child differently according to his or her birth order.

**The Grimm Conclusion**  
Findhorn Press

From Newbery Honor-winning, New York Times bestselling author Adam Gidwitz Cover may vary Did you know that Cinderella’s stepsisters got their eyes pecked out by birds? Really. And that Rumpelstiltskin ripped himself in half? And that in “The Mouse, the Bird, and the Sausage,” a mouse, a bird, and a sausage all talk to each other? (Okay, I guess that one’s not that grim.) Those are the real fairy

tales. But they have nothing on the fairy tales in this book. For more twisted tales look for A Tale Dark and Grimm and In a Glass Grimly. \* “Underneath the gore, the wit, and the trips to Hell and back, this book makes it clearer than ever that Gidwitz truly cares about the kids he writes for.” —Publishers Weekly starred review “Entertaining story-mongering, with

traditional and original tropes artfully intertwined.”—Kirkus Reviews “As innovative as they are traditional, the stories maintain clear connections with traditional Grimm tales while creatively connecting to the narrative, and all the while keeping the proceedings undeniably grisly and lurid. . . . Readers will rejoice.”—School Library Journal