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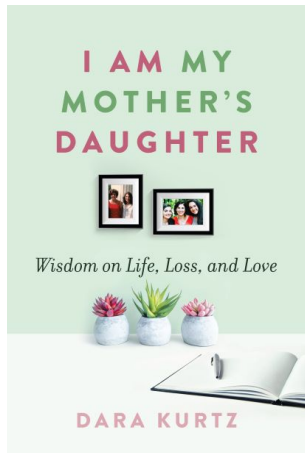
# I AM MY MOTHER'S DAUGHTER

## Wisdom on Life, Loss, and Love

By Dara Kurtz

**Mother, daughter, cancer survivor Dara Kurtz shares her “Crazy Perfect Life” and inspires others to make the most of every day!**

When Dara Kurtz was twenty-eight years old, her mother died of cancer. This loss, and the loss of her grandmothers, was so painful that for decades she was afraid to re-read their letters to her, which she kept in a ziploc bag at the bottom of a drawer. Meanwhile, she went on with her life as a wife and mother—and a cancer survivor. One day, longing for contact with the strong Jewish women who had loved and raised her, she re-read the letters. They brought back beautiful family memories and taught her many life lessons; they caused her to reflect on the priceless love between mothers and daughters and how wisdom and traditions can be passed on from one generation to the next. Dara's story inspires us to strengthen the bonds between mothers and daughters, to remember family traditions, to let go of the pain of loss, and to make the most of each day of our lives.



### **PRAISE FOR *I AM MY MOTHER'S DAUGHTER***

“Readers will be moved to think with intention and purpose and make mindful decisions that can positively impact and strengthen their relationships for the rest of their lives.” —**Rachel Macy Stafford**, *New York Times* bestselling author of *Live Love Now*, *Hands Free Mama*, and *Only Love Today*

“This book will help you take an honest look at the landscape of your life, what you truly want, and then help you figure out how to get it. It's the chance to hit the reset button.” —**Erin Falconer**, *New York Times* bestselling author of *How to Get Sh\*t Done*

“Reminiscent of spending time with your own long-lost relatives, Dara Kurtz's book is a beautiful story of love, loss and generational knowledge. This book and the stories in it are treasures for readers of any faith.” —**Catherine Pearlman**, PhD, author of *Ignore It: How Selectively Looking the Other Way Can Decrease Behavioral Problems and Increase Parenting Satisfaction*

“If you’re ready to make changes in your own life and relationships, but you don’t know how to start, this is the book for you.” —**Karin Hehenberger**, MD, PhD, CEO, and Founder of Lyfebulb

“Dara isn’t afraid to admit her mistakes or own her past. She shows us we can’t be truly happy until we’re honest and accepting of ourselves. This is both refreshing and inspiring.” —**Maimah Karmo**, Founder of Tigerlily Foundation, Publisher of *Bliss Magazine*

“This book is full of relevant wisdom to help you grow your relationships and create the life of your dreams.” —**Lyndsay Morris**, Founder of Generation Wellness

"Dara’s life experiences have helped her learn to find meaning in her life and taught her what is truly important. For as long as I’ve known her, nothing has been more important to Dara than the relationships she has with the people she loves.” —**Garth Callaghan**, author of *Napkin Notes*, and co-host of *Thrive: The Podcast with Garth and Dara*

DARA KURTZ, after being diagnosed with breast cancer at the age of forty-two, left her twenty-year career as a personal banker and financial advisor to focus on writing, speaking, and podcasting. Today her personal blog, *Crazy Perfect Life* ([www.crazyperfectlife.com](http://www.crazyperfectlife.com)), reaches over 180,000 followers. Dara is the author of two books, *Crush Cancer: Personal Enlightenment from a Cancer Survivor* and *Crush Cancer Workbook*. Dara’s goal is to use her life experiences to help people strengthen their relationships and create more happiness and joy in their everyday lives.



**You can follow Dara on social media and her podcast:**

**Social Media:** Facebook: @crazyperfectlife, Instagram: @crazyperflife, Twitter: @crazyperflife

**Podcast:** Thrive: The Podcast with Garth and Dara. Part of life is facing and overcoming challenges. This podcast helps listeners overcome whatever challenges they might encounter.

Dara is also a popular speaker at medical centers, Jewish community centers, women’s events, luncheons, and leading workshops. Her topics include:

- How to Strengthen Your Relationships from One Generation to the Next.
- Are You My Friend or My Mother? The Mother-Daughter Relationship.
- How to Survive the Loss of a Loved One and Move Forward Physically and Emotionally: Tools for Finding Peace and Understanding.
- The Importance of Writing Love Letters to the People You Care About: The Benefits of the Hand-written Word.
- Are You Living the Life You Truly Want to be Living? Tips and Tools to Examine Your Relationships, Purpose, Community Connection, Health and Wellness, and Spirituality.
- How to Empower Yourself After a Cancer Diagnosis, Release the Fear, and Regain Control Over Your Life and Move Forward.

Interested parties can reach Dara at [dara@crazyperfectlife.com](mailto:dara@crazyperfectlife.com).

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