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□In My Mother, My Mirror, Laura Arens Fuerstein uses her long experience as an analytic clinician and teacher of psychotherapy to help us recognize and change distortions in our views of ourselves. These distortions are born of distortions in our mothers' views of themselves when we were children.

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The mother-in-law wants to rename her granddaughter (Image: Getty Images) "However last year, before the miscarriage, we found out she was a girl so naturally we told everyone her name was Lena.

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