



# Scrambled Hormones: 60 days of encouragement for moms raising teenage daughters

*Monica Cane*

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**Keep praying. Keep believing.**

The bond between mothers and daughters has long proved to be amazingly resilient. Yet during those trying, turbulent and even destructive hormonally-charged teenage years, that bond can take a beating. Loving moms can come unglued and all but lose their sanity when scrambled hormones turn their sweet, little girl into a cyclone of emotions.

When hormones are raging, emotional battles of will can pit mothers against daughters, sometimes escalating into shouting matches that end with daughters stomping off in anger and moms in tears, overwhelmed and in desperate need of encouragement.

**Scramble Hormones: 60 Days of Encouragement for Moms Raising Teenage Daughters** shares brief devotions from one mom to another - a mom who has been there, done that and survived by learning to lean on God for strength.

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