

PSYCHOLOGY

Drexler, Peggy. [Our Fathers, Our Selves: Daughters, Dads, and the Changing American Family.](#) Rodale. May 2011. c.272p. ISBN 9781605293608. \$24.99. PSYCH

A past guest on morning talk shows, Drexler (psychology, Weill Medical Coll., Cornell Univ.; *Raising Boys Without Men*) here examines the relationship between fathers and daughters. To collect the information for the volume, she interviewed 75 women from diverse educational and cultural backgrounds. Working from a list of questions, she encouraged them to speak from their hearts about their individual relationships with their fathers. Drexler opens the book with a discussion of how women today admire their fathers as role models, looking to them for guidance in educational and career choices. In Part 2, she shares in-depth stories of six women and their relationships with their dads. Part 3 begins with a questionnaire to get readers thinking about how well they know their own fathers. Drexler lastly offers new ways for daughters to think about their fathers and methods to improve their relationships. **VERDICT** For students doing research, there is useful information and insight into this often complex relationship of fathers and daughters. A valuable guide for all fathers and daughters who want to improve their relationship.—Phyllis Goodman, West Chester Lib., OH