

For immediate release

The Good Mother-in-Law Project  
7605 Highway 70 #107-169  
Bartlett, TN 38133  
901-219-0319

***Taming the Dragon Within: How to Be the Mother-in-Law You've Always Wanted***

Mothers-in-law are often the butt of jokes and unflattering stereotypes, and many would say this is well-deserved. But imagine becoming a surgeon or flying a plane without any training. The same is true for women becoming a mother-in-law for the first time. Now there is a manual to guide women to become the mother-in-law they have always wanted.

Leanne Braddock, Ileene Huffard, and Zannette Uriell have asked what it takes to be a good mother-in-law. Feedback from over 1,000 respondents is the basis for the suggestions in their easy-to-read manual, *Taming the Dragon Within: How to Be the Mother-in-Law You've Always Wanted* (313 pp., \$16.95). Full of examples of common situations and suggestions to improve relations between in-laws, this manual is indispensable.

Key issues covered include communication, surviving the wedding, and interacting with in-laws of a different culture. The final chapter, the Five-Minute Mother-in-Law, provides a snapshot of their advice.

Dr. Edward A. Gray, professor of counseling and author of the Marriage Mentoring series, says, "*Taming the Dragon Within* brings a refreshing view to the challenge of in-law relationships as the authors emphasize the positive concerning Mother-in-Law relationships. . . . I believe this book should be a wedding gift to every mother-in-law!"

***Taming the Dragon Within: How to Be the Mother-in-Law You've Always Wanted*** is not just for mothers-in-law. Daughters-in-law and sons-in-law may also benefit from the poignant stories and examples, enabling them to better understand and even appreciate their mothers-in-law.

The authors have over 25 combined years in research and therapy. Leanne Braddock is a practicing Marriage and Family Therapist; Ileene Huffard is Associate Professor of Education at Freed-Hardeman University; and Zannette Uriell conducts research on personnel issues. Together they operate the Good Mother-in-Law Project at [www.goodmotherinlaw.com](http://www.goodmotherinlaw.com).

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To place orders for the book, contact:  
The Good Mother-in-Law Project  
7605 Highway 70 #107-169  
Bartlett, TN 38133  
901-219-0319  
[sales@goodmotherinlaw.com](mailto:sales@goodmotherinlaw.com)  
URL: [www.goodmotherinlaw.com](http://www.goodmotherinlaw.com)

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