

selves rediscovering the freedom of movement, thought, and action they knew as young girls. Roy's wonderful, warm, witty, outrageous, committed, caring Grannies show evidence of this same freedom.

If I can offer one criticism of this book it is that there is frequent repetition of themes across chapters. Repeatedly, readers learn about the World Trade Organization protests and the importance of "attitude," for example. But this fault does not detract from the sheer enjoyment of reading the book and getting to know the Grannies who inspire readers to get up from their armchairs and do something to save the world. As Carole Roy states near the close of *The Raging Grannies*: "To look at older women activists is an opportunity to contribute to scholarship on women's organizing and social movements as well as offer recognition and learn from a group of women who have actively and publicly engaged with the issues of their time." In this, *The Raging Grannies* succeeds admirably.

Intentional Grandparenting: A Boomer's Guide

Peggy Edwards and Mary Jane Sterne
Toronto: McClelland and Stewart, 2005

Reviewed by Susan Swanson

Being a grandparent is one of the most fulfilling stages in the life course. However, as Peggy Edwards and Mary Jane Sterne point out in this informative and entertaining book, grandparenting may be more complex in the twenty-first century than it was for previous generations. There have been many changes in marriage and parenting trends, including later age at marriage, increases in cohabitation, same sex unions, interracial and bicultural marriages, as well as divorce. Families are often mobile and live far distances apart. An ageing population means that grandparents are living longer and are often members of the "sandwich" or "club sandwich" generation, i.e. people who have frail older parents, adult children, and grandchildren – all with different needs and expectations.

Based on solid evidence from experts, combined with insightful and often poignant anecdotes from grandparents, parents, and grandchildren, *Intentional Grandparenting* provides readers with ten child-centred principles for effective grandparenting. At the heart of the book is the concept of being intentional—planning ahead and taking deliberate action to be the kind of grandparent one wants to be. Ten principles cover modern challenges such as step-grandparenting, distance grandparenting, and accepting and respecting one's adult children in

their role as parents. Each chapter provides “real-life” examples of how individuals have put these principles into practice. The stories are inspirational and often humorous, and the quotes from grandchildren will make readers laugh out loud.

While intended for grandparents, this book will also be relevant to others, such as aunts and uncles, who play significant roles in children’s lives. *Intentional Grandparenting* is a must read for all grandparents who want to enrich their relationships with both their grandchildren and adult children.

Communication Among Grandmothers, Mothers, and Adult Daughters

Michelle Miller-Day
Mahwah, New Jersey: Lawrence Erlbaum, 2004

Reviewed by Ruth Nemzoff

Congratulations to Michelle Miller-Day for writing a readable academic study, *Communication Among Grandmothers, Mothers, and Adult Daughters*. Miller-Day’s book begins with an excellent review of the limited literature on mother-adult child relationships across the generations, and goes on to present a detailed study of three generations of several different families living in one town. Her qualitative analysis focuses on how intergenerational relationships influence individual outcomes.

Miller-Day is to be lauded for revealing that it is the complexity of relationships that leads to dependency. The families in which there are many problems, such as anorexia, suicidal trends, and depression, tend to be “enmeshed” families where the younger women are of lower status in the familial hierarchy and depend on the older women for decision-making. The lower-status women often repress their own opinions and instincts in deference to the older women’s judgments and beliefs. In contrast, in “embedded” families each generation is encouraged to develop and express its own opinions, which encourages a more open atmosphere.

This book will appeal to those studying relationships between adult kin. This is also a useful book for practitioners and family therapists who want to help family members communicate through respectful negotiation.