



Nurturing the Soul of Your Family: 10 Ways to Reconnect and Find Peace in Everyday Life

Renée Peterson Trudeau

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What would it feel like to experience more ease, harmony, and flow in the midst of navigating homework squabbles, mealtimes, commutes, and the other challenges of everyday life? *Nurturing the Soul of Your Family* is a guidebook for personal and spiritual renewal from the award-winning author of *The Mother's Guide to Self-Renewal*. It offers nurturing support and practical ideas to guide you toward a new way of being. Enjoyable, down-to-earth, and empowering, Renée Peterson Trudeau's ten paths to peace will help you learn how to:

- * find your center and move through chaos and uncertainty with renewed strength and ease
- * live every day aligned with your values and what matters most
- * slow down, tap the wisdom of your wise self, and know what's best for you and your family
- * release old habits, fears, and anxieties as you explore a new way of being
- * access more joy by living in the present moment (the best antidote to stress!)
- * experience more freedom and unscheduled time

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