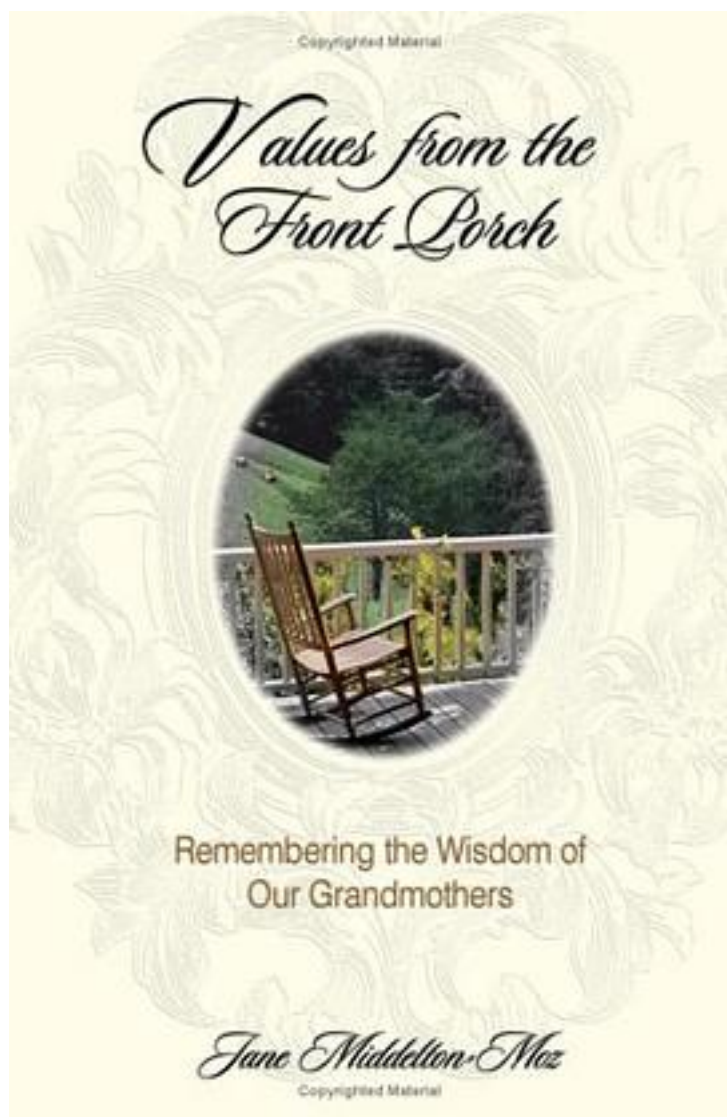


# Values from the Front Porch



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An exploration of traditional grandmotherly guidance provides ageless wisdom for real life situations. Many today lack the thread and rich hues that were once woven into the fabric which protected and held our ancestors together through challenging times. Family and community ties are often obscured today by cell phones, internet, mega-channel TV selections, video games, fear, materialism, and competition. In Values from the Front Porch, author Jane Middleton-Moz, explores twenty-three fundamental values and the importance of being more mindful of them in our day-to-day activities. Recognizing the central role that grandmothers have played in many cultures--that of handing down traditions and values to the younger generations--each chapter centers around recollections from people revealing what their grandmothers taught them about a particular virtue, and how these teachings have aided them in their lives. Each chapter concludes with short exercises for strengthening that value in our daily lives. Uplifting and hopeful, Values from the Front Porch provides lessons we can all incorporate in our own lives to create stronger and more joyful families and communities.

作者介绍:

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