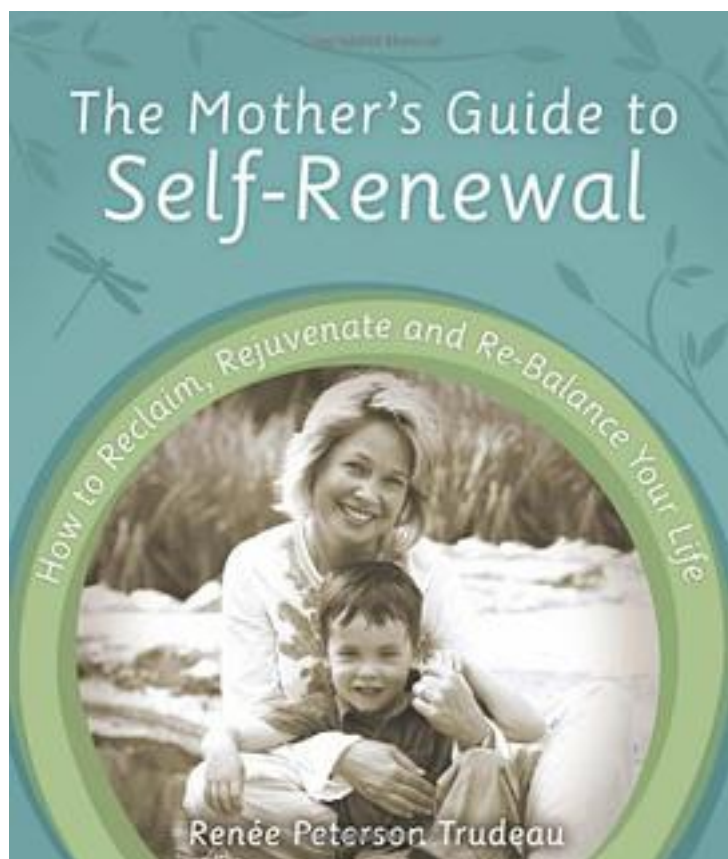


Mother's Guide to Self-Renewal



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著者:Trudeau, Renee Peterson

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Take a mini retreat with "The Mother's Guide to Self-Renewal." Reconnect with who you are and learn how to create balance from the "inside out" with this gorgeous, color-illustrated, month-by-month guide. Beautiful photographs, powerful themes and stories, personal vignettes from moms, guided journaling and exercises, and information-packed resource sections support you in crafting the life you desire. The

guide soothes the body and soul like cup of hot tea while allowing you to enjoy a meaningful exploration of what it takes to love your life as a woman and a mother. Chapter themes include: Reconnecting with Who You Are; Managing Your Energy: Setting Priorities, Saying No and Asking for Help; Motherhood as a Spiritual Journey; Unleashing Your Creativity; Building Your Support Network; Good is Good Enough and more. Recommended for women at all life stages. Go to www.reneetrudeau.com for information on how to join or start a personal renewal group.

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