



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

*Renée Peterson Trudeau*

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## **Nurturing the Soul of Your Family: 10 Ways to Reconnect and Find Peace in Everyday Life** Renée Peterson Trudeau

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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