



# Parenting with Soul

*Sally Collings*

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## **Parenting with Soul** Sally Collings

The only sense of wonder I have in my day is wondering how three kids can make such a mess. Do you want more soul in your life? Parenting with Soul is for every parent who feels that purpose and meaning are things they lost under a pile of nappies, crayons and odd socks. Living and parenting with soul means enjoying a rewarding and active inner life. It also means living a life that is rich, deep, authentic, heartfelt - complete with all of the flaws and imperfections that make us who we are. Are any of these on your wish list? •

Finding happiness in small things • Having faith in your intuition as a parent • Giving your children the gift of your attention • Slowing down and savouring the special moments Parenting with Soul shows how to make spirituality part of your family's everyday life. It's about seeing the sacred in our homes and turning the things we do each day into opportunities to practise mindfulness, gratitude, love, generosity, and other virtues. It's about finding ways of living with soul in the midst of this messy, noisy, crazy life that is parenting. Sally Collings is the author of *Sophie's Journey*, *Positive* and *the World According to Kids*. She comes from Christian roots, enjoys meditation, has a taste for Buddhist teaching stories, and delights in finding wisdom wherever it lies. Even as mother to two young children, she still manages to grab the odd nanosecond of serenity.

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