



Parenting with Soul

Sally Collings

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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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The reason? Because this Parenting with Soul is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will distress you with the secret the idea inside. Reading this book adjacent to it was fantastic author who else write the book in such remarkable way makes the content interior easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this any more or you going to regret it. This book will give you a lot of gains than the other book possess such as help improving your ability and your critical thinking means. So , still want to hold off having that book? If I were you I will go to the book store hurriedly.

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