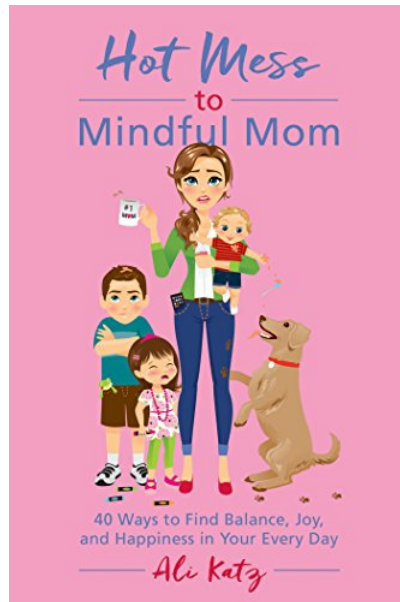


u12rZ [GET] Hot Mess to Mindful Mom: 40 Ways to Find Balance and Joy in Your Every Day



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For any mom who typically runs around with her hair on fire and needs a break! Its so easy to find yourself constantly overwhelmed or burned out in the hustle and bustle of society today. But it is important to slow down and take a minute to focus on the things that matter most?and the first step is to connect with yourself again. This book will show women that by caring for themselves first, they can better care for everyone they love.In her first book, Ali has woven together a compilation of all the tools she used to transform herself from ?hot mess to ?mindful mom, and is divided helpfully into three parts:? Everyday practices? Tools used as needed? Attitude adjustments made along the wayReaders will learn how small tweaks and changes can lead to huge results, and that they too can leave stress behind in favor of calm and peace. With humor, grace, and an extremely relatable manner, Ali gives women the tools to make the same changes in their own lives.

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