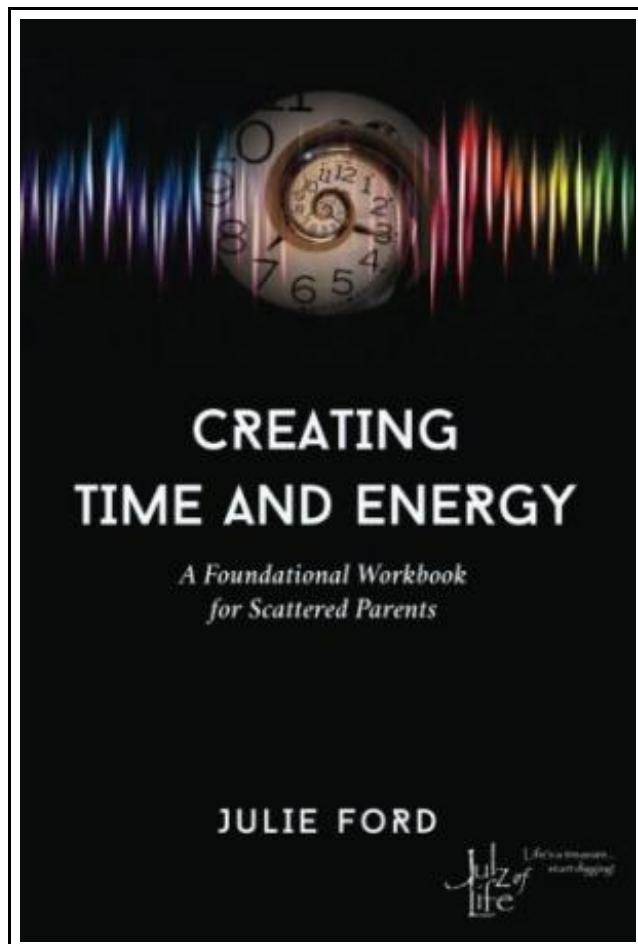


## Creating Time and Energy: A Foundational Workbook for Scattered Parents



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. **Creating Time and Energy: A Foundational Workbook for Scattered Parents** is a personalized conversation about the important work of raising up the next generation that provides a forced "pause" in the everyday chaos of parenting. As a parent, your work is imperative to not only your little people, but to the world around us. Affording yourself this tiny pause to build your parenting foundation in what matters most, youll notice how very much more joy exists in the journey. Youll find the concepts within are nothing new, but this logical and humorous presentation makes the process simple and doable. You ve always had this time and energy, but now that youre a parent, it s been hiding in the mess of it all! Find it again and move forward rooted in a sound foundation that you yourself design using your personal values as a guide. Within, youll find powerful questions, exercises, encouragement, and steps to move your chaotic moments into the order that works best for you and your family. There are no prescriptions in here. (I dont know about you, but the magical "Book of Parenting Rules" didnt come with my babies. I brought each of them home with a crocheted hat and a 1-pager on how not to kill them in the first month.) If youre willing to dedicate one hour per week for one month to getting your proverbial and literal house in order, then youre ready to move ahead. Grab a pen or an open document and get ready to make some headway. If youre reading this and saying, "No, I dont have any time in my chaotic life to learn..."



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