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## NURTURING THE SOUL OF YOUR FAMILY

### *New Book Offers Ten Ways to Reconnect and Find Peace in Everyday Life*

As they juggle school, work, sports, rehearsals, homework, technology, and more, most contemporary families describe themselves as frazzled, scattered, and distracted. Most also say they want more time and space in their lives for what really matters, but they don't know how to create it.

In the enclosed advance reading copy of **Nurturing the Soul of Your Family: 10 Ways to Reconnect and Find Peace in Everyday Life** (New World Library, March 1, 2013), award-winning author Renée Peterson Trudeau helps them find calm and connection with concrete, practical actions that create real change. She helps readers explore the most powerful, essential things they can do right now to bring more peace and harmony into their family life. Trudeau calls these things the ten paths of peace, and they mirror the book's chapter titles:

- Tapping the transformative power of self-care: attune and respond to your needs and desires
- Healing from the inside out: peace begins with me
- Unplugging to plug in: crossing the digital divide
- Unleashing the healing power of nature: the ultimate antidepressant
- Making time for spiritual renewal: return to the river within
- Loving the ones you're with: spend time together (like you mean it!)
- Defining, celebrating, and honoring your family culture: what do you stand for?
- Slowing down: do less to experience more
- Exploring a new way of being: make hard choices, break free, and do it differently
- Building your tribe: ask for and embrace help as you create your support network

**Nurturing the Soul of Your Family** is a call to explore a new way of being. It's an invitation to live an awakened life in the midst of the ordinary tasks of everyday living. It's a guidebook to help families to nurture their hearts and souls by slowing down, reconnecting, and beginning to live the life they desire.

"It takes tremendous courage to live an awakened life: a life where your actions are in alignment with your deepest values, where you're making decisions that support your family's emotional and spiritual well-being," writes Trudeau. "Is there anything more important? Is there ever a better time than now?"

### **ABOUT THE AUTHOR**

RENÉE PETERSON TRUDEAU is the author of the new book **Nurturing the Soul of the Family** and **The Mother's Guide to Self-Renewal**. A sought after life balance coach/speaker and president of Career Strategists, her work has appeared in *The New York Times*, *Good Housekeeping* and numerous media outlets. On the faculty of Kripalu Center for Yoga & Wellness, she leads life balance workshops and retreats for Fortune 500 companies and organizations worldwide. Thousands of women in ten countries are participating in Personal Renewal Groups based on her first book, *The Mother's Guide to Self-Renewal*. She lives in Austin, Texas, with her husband and son. <http://www.reneetrudeau.com>.

**NURTURING THE SOUL OF THE FAMILY** by Renée Peterson Trudeau  
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