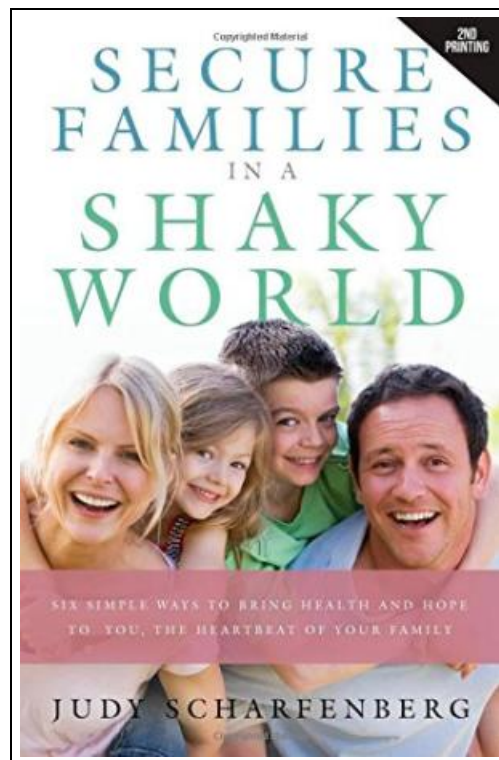


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SECURE FAMILIES IN A SHAKY WORLD (PAPERBACK)



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Redemption Press, United States, 2014. Paperback. Condition: New. 2nd ed.. Language: English . Brand New Book ***** Print on Demand *****. THIS BOOK IS NOT FOR SUPER MOMS [Judy s] book is filled with timeless principles that work! Moms of all ages and stages of life will discover how to take care of themselves and their family members better. -Carol Kent, author of A New Kind of Normal. This is not just another book on being a great mother. It s a book of useful advice based on what worked for the author and her family. Read it and relax. -Karen O Connor, author and speaker I am not a super mom, nor do I have a college degree, says Judy Scharfenberg, wife of thirty-eight years and mother of six grown children. What I do have is a lifetime of experience. And experience is exactly what readers will find within the informative, inspiring pages of Secure Families in a Shaky World. Chock-full of homegrown advice, this book is a must-read for every mom, grandma, or mom-to-be who wants to look better, feel better, and perhaps even live longer. Judy s back-to-basics approach includes six simple ways to ensure that the home is fertile soil for growing a happy, healthy family. Steps include . . . Planning mealtimes that bring families together (includes five easy-to-make recipes!) Reading to your children (with age-appropriate reading suggestions) Following a simple exercise plan (includes illustrated steps) Developing a meaningful quiet time And much more!.



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