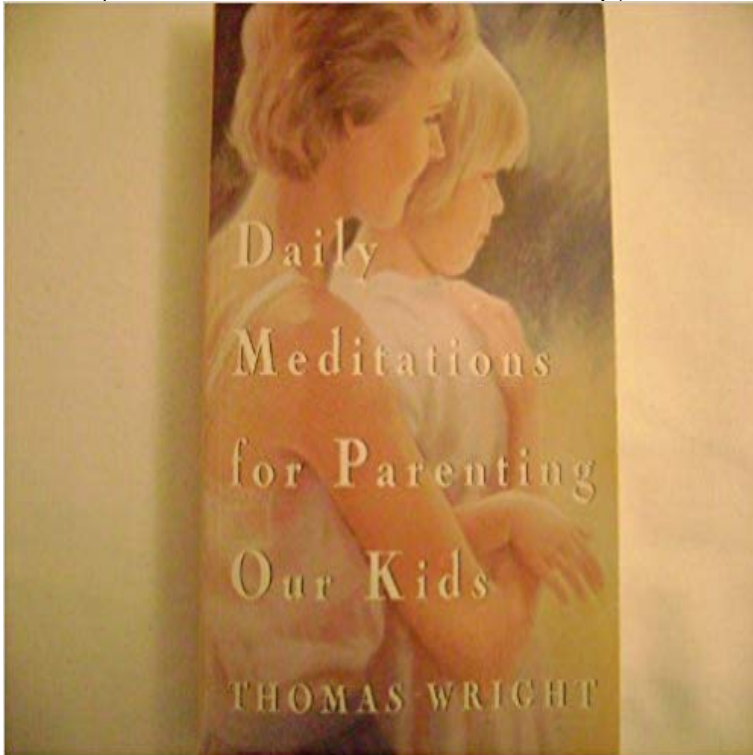


## Daily Meditations for Parenting Our Kids



The 366 inspiring meditations in this book offer practical help! Each entry is full of wisdom, insight, and comfort-poignant reflections for every parent facing the day-to-day challenges and joys of raising kids. The author covers a broad range of topics on Twelve Step recovery, including self-esteem, control, feeling, maintaining boundaries, and win/win parenting. This comforting book encourages us to take a minute for ourselves each day, so that we can enjoy our children and provide a healthy environment for their growing years.

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