



# A Moment's Peace: A Mom's Guide to Creating Calm Amidst Chaos

*Elizabeth Irvine*

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## **A Moment's Peace: A Mom's Guide to Creating Calm Amidst Chaos** Elizabeth Irvine

Designed for those who may only have 10 minutes a day to call their own, this guide provides busy moms with the needed skills and techniques to create their own sense of peace and face daily challenges from a calm and grounded place. Maintaining that well-being comes from the inside, the guide teaches mothers to look at life with fresh eyes and to empower themselves to change the way they respond to their often chaotic and stressful environments. The step-by-step plans incorporate a series of relaxation techniques, hints for developing meaningful family rituals, instructions for gentle but powerful breathing, and body awareness skills that lay the groundwork for the development of peaceful moments that eventually lead to a life of steady, grounded calm.

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