



Slow Family Living: 75 Simple Ways to Slow Down, Connect, and Create More Joy

Bernadette Noll

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Have you ever wished you could slow down the daily grind—and even find a way to enjoy it?

All too often, the hectic pace of modern life turns our households into a blur, leaving many parents—and kids—feeling depleted and disconnected. Enter *Slow Family Living*, an inspiring guide for parents who want to rediscover the meaning, comfort, and contentment found in the day to day of family life.

Offering 75 simple ideas for reconnecting, this upbeat and invaluable resource can help turn even the most bustling of times into an opportunity to create a moment of calm—and a connection that will last a lifetime.

From holidays and other stressful occasions to bedtime, vacations, and everything in between, *Slow Family Living* will help even the most harried parents and kids pause, reflect, and find joy, satisfaction, and inspiration in each other.

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