



## Hurry Less, Worry Less for Moms

*Judy Christie*

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**Hurry Less, Worry Less for Moms** Judy Christie

Dear Busy Moms, This Book is for You

You know the feeling. You're constantly trying to fit everything – work, laundry, shuttle service, you name it - into 24-hours. You want to enjoy every day with your family but you're just not sure where to begin.

Author Judy Christie offers hope, inspiration, practical ideas and reminders of how important you are in **Hurry Less, Worry Less for Moms**. So take a deep breath and refresh your life.

Chapters include:

A Map for Mom: Being the person you are meant to be


Organization versus Procrastination: Assess, start, repeat

Prayerful Not Fretful: Leaning of God in a hectic world

Making Choices, Facing Changes: Realign as needed

A discussion guide is also included.

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