

a
positive
plan
for creating

*more calm,
less stress*



KAROL LADD

Best-selling author of *The Power of a Positive Mom*

A Positive Plan For Creating More Calm Less Stress

Karol Ladd



A Positive Plan For Creating More Calm Less Stress:

A Positive Plan for Creating More Calm, Less Stress Karol Ladd, 2005-07-10 Busy Hurried FRAZZLED A mom's life is anything but tranquil With multiple responsibilities as caretaker taxi driver short order cook and domestic servant what most women need in life is more calm and less stress More Calm Less Stress provides that positive biblically based plan to help women realistically create an atmosphere of peace that she and her family so desperately need The five delightful and doable action steps help mothers make their home a positive place to live This is the first book in the Positive Plan series that will also include A Positive Plan for Creating More Fun Less Whining June 2006 A Positive Plan for Creating More Love Less Anger June 2007 Defuse Karol Ladd, 2007-08-05 In this timely survival guide positive mom Karol Ladd offers practical steps to help mothers identify hidden anger in their own lives and in the lives of each member of their family When tempers flare they need to know how to respond quickly to defuse the situation and to instead create a more loving atmosphere where anger has no place The discussion focuses on three important steps Recognize and Deal with Your Anger Learn How to Respond to Their Anger Create an Environment Where Love Abounds With anger being a major issue in every home Karol's positive plan offers vital solutions that will not only deactivate anger but strengthen the bonds of love **12 Steps to Becoming a More Organized Mom** Lane Jordan, 2006 In her first book 12 Steps to Becoming a More Organized Woman Lane Jordan provided women of all ages with hundreds of time saving tips and biblical advice on how to organize manage and balance their life and family roles Now she shares her insight and experience on how to be an exceptional mom Demonstrating why everything a mom does can be a benefit to family and loved ones Jordan helps busy mothers discern what is really important and what isn't and become more effective for God's kingdom Readers will discover how to be more organized reduce stress and gain more time to grow into the woman God intends Includes practical hints on managing time wisely smart meal preparation having fun with your kids education disciplining children with love maintaining emotional and spiritual health and much more An excellent resource for a Bible study or small group Chapters include Seek God First Manage the Time Provide Healthy Satisfying Food Spend TIME Together Teach your Children Well Discipline Your Children in Love Manage Your Work and Work Your Finances Recover Your Sense of Self Restore Your Body Renew Your Mind Revive Your Spirit Build a Strong Family **Nanny to the Rescue!** Michelle LaRowe, 2015-08-25 America's nanny offers a large dose of healthy parenting advice with secrets for raising happy secure and well balanced babies and toddlers Babies don't come with instructions And since today's parents are so overwhelmed with schedules and demands they have little time to bone up on their parenting skills Often removed from grandparents and relatives who in times past lived next door or just down the street they have no one to guide them through the disorienting world of raising children Enter Nanny to the Rescue Michelle LaRowe 2004 International Nanny Association Nanny of the Year gives her tried and true solutions to childcare Her expertise with chapters titled Who's the boss and Discipline is not a four letter word gives confidence to parents who need

specific ideas for real day to day problems A proud member of Christian Nannies Michelle offers foundational truths sure to help encourage moms and dads

Going Forward: Downsizing, Moving and Settling In Moreen Torpy, 2012-02-28 Going Forward Downsizing Moving and Settling In is a step by step guide to de cluttering life and liberating the spirit A survival guide on how to eliminate material goods whether there is a move in your immediate future or not Going Forward Downsizing Moving and Settling In will guide you through the process You might simply want more space where you are now If there is a move Going Forward Downsizing Moving and Settling In contains a multitude of useful and practical steps to accomplish this while retaining your sanity A journey to the future without being encumbered by extra stuff can be spiritually uplifting Knowing that you receive nourishment from your surroundings indicates you are on the right track Treasures for Women Who Hope Alice Gray, 2005-10-02 As much as we long for blue skies and smooth sailing storms and rocky times are inevitably a part of our lives Sometimes the storms hit suddenly and fiercely leaving behind terrible devastation Other times the storms are silent clouds of desperation lingering on the horizon threatening to rock everything we hold dear Often hope is the only comfort and joy we can know in the midst of these hard times In Treasures for Women Who Hope best selling author Alice Gray offers comfort and encouragement to women through an insightful look at God's Word and through the lives of others Filled with touching stories of those who have faced insurmountable odds and yet still found hope Alice shares principles and practices from Scripture that remind us that our sometimes darkened path is never without hope Other titles in the series will include Treasures for Women Who Make a Difference Treasures for Women Who Love God Treasures for Women Who Pray Treasures for Women Who Forgive Treasures for Women Who Become Beautiful The Lifter of My Head Susan McRoberts, 2007-07 The Lifter of My Head offers medical guidance and spiritual insight to women who may be plagued with this disorder Sue explains in her memoir the phases of illness recovery and the scriptures that sustained her throughout her healing

Honor Your Gifts Dona Deane, 2007-10 But those who hope in the LORD will renew their strength They will soar on wings like eagles they will run and not grow weary they will walk and not be faint Isaiah 40:31 In this inspirational and uplifting book you will discover that everything happens for a reason and that changes are inevitable whether they arrive in the form of gains or losses You will also discover How to deal with your emotions in the midst of a setback or loss How to rid yourself of negative attitudes and behaviors and gain a new perspective on life How to live your life with love truth honesty integrity and enthusiasm How to find peace happiness and fulfillment in our topsy turvy world Join Dona as she inspires you with her personal stories and words of encouragement She reminds you that you are not alone even when you are in the darkest valley God is with you After reading Honor Your Gifts you will become elevated by Dona's story and the accounts of others who have triumphed over their battles with homelessness poverty divorce and betrayal These stories will enrich your life and empower you to continue on life's journey in a positive direction no matter what challenges you'll encounter along the way Dona has a business administration and marketing background and owns a marketing and

consulting services company She lives in Calgary Alberta Canada with her husband and two children Dona strives to celebrate and enjoy life s simple pleasures and she aims to inspire others to live their best lives Email dmmdeane telus net Website www donamdeane com *Raising Kids for True Greatness* Tim Kimmel,2006-05-08 You want only the best for your kids And you want them to be successful Sure there s nothing wrong with that But what if there was something more Could your definition of success be leaving out the most important part What about greatness Where does it fit in If you aim your children at anything less than greatness you ll set them up to miss the whole point of their lives says author Tim Kimmel In *Raising Kids for True Greatness* Kimmel turns the definition of success on its head and guides you in preparing your child for a life that will easily eclipse the goals of those who are merely successful Learn how to prepare your kids for rich lives of true greatness by helping them find answers to life s three most crucial life changing questions regarding their mission mate and master What are they going to do with their potential Who will they spend their lives with Who will they live it for **The Frazzled Factor Workbook** Jane Jarrell,Karol Ladd,2005-06 Today s busy woman finds herself being pulled in many different directions Based on the book *The Frazzled Factor* authors Karol Ladd and Jane Jarrell offer seven simple steps designed to take the frazzled mom from feelings of guilt to the freedom of grace

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