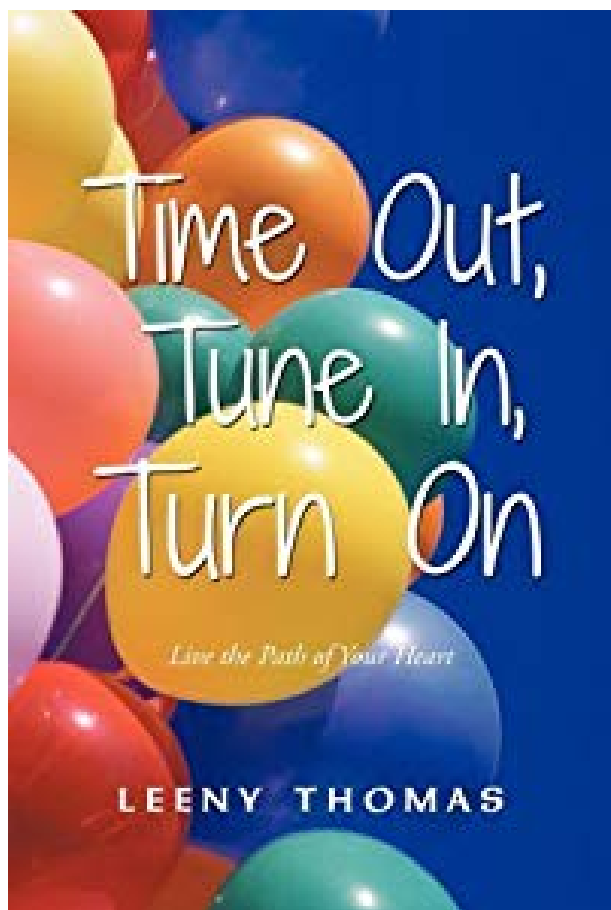


Time Out, Tune In, Turn On: Live the Path of Your Heart



Pages:	284
Published:	October 18th 2012 by BalboaPress
Genre:	Self Help
Author:	Leeny Thomas
ISBN13:	9781452507330
ISBN10:	1452507333
Goodreads Rating:	4.00
Language	English

[Time Out, Tune In, Turn On: Live the Path of Your Heart.pdf](#)

[Time Out, Tune In, Turn On: Live the Path of Your Heart.epub](#)

To cope with her new role as a mother, author Leeny Thomas turned to writing in her journal for peace and calm. Through this process, she discovered a survival strategy that gradually renewed her being and reshaped her life. In *Time Out, Tune In, Turn On*, Leeny offers a proven method for coping with life's everyday challenges effectively and gracefully. Leeny writes about everyday situations with sensitivity and flare. In the "Heart-of-the-Moment Learning Resource" she presents eight engaging personal stories to demonstrate how she now copes and flows with the daily upheavals of family life. From releasing the need to "control" situations to sailing through the ups and downs of life, she inspires readers to embrace life change and offers a range of unique, interactive learning opportunities for readers to explore. Discover how you can stay true to what is important to you and live the path of your heart.