

Joy Of Being: Daily Moments of Becoming Present

Description



Life is full of ups and downs.

One moment you might feel happy and the next it might feel like a challenge or struggle.

Parenting has many of those moments.

Kids growing up so quickly with everything changing. It can be hard to keep up with all that is happening in life.

Sometimes it feels like a roller coaster of thoughts and emotions, with no choice to get off.

Maintaining mental health or experiencing depression and anxiety are one of the hardest things to cope with in the world of being a parent.

Short fused, little energy to give, no time for self.

Usually the shame and guilt follow.

As a parent I want the best for my kids and family.

That means showing up for myself and being present in life.

Navigating stress effectively and enjoying the moments even when they feel like they are moving fast and changing so quickly.

A tool that can help with this is a book called Joy Of Being Daily Moments of Becoming Present.

The daily approach to life is often influenced by what we are thinking and believing.

The choices being made are a reflection of our mindset.

The book helps people, especially parents, to gradually create habits of mindfulness, gratitude, inner leadership, self compassion, self care and accountability.

These are necessary to see joy in life and be connected in presence during the challenges and struggles.

The book creates the opportunity to open up the possibilities by acknowledging capabilities and to find inner peace to overcome stress, hardships and setbacks.

The book also helps to build belief, trust and love for self.

It guides someone do this by expressing their thoughts and emotions. This allows someone to get a clear visual for how beautiful the daily moments really are.

This is when someone gets to feel peace and love within themselves.

For more information on the Joy Of Being book or connect with the author, Kristin Sven Larsen, please visit the official website or social media below.

The Joy Of Being book is available for purchase at [Amazon](#) or [Barnes and Noble](#)

Official Website www.kristinsvenlarsen.com

Facebook Page <https://www.facebook.com/KristinSvenLarsen>

Instagram <https://www.instagram.com/kristinsvenlarsen/>

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Bio

Kristin Larsen is a transformational health coach and author, who writes and coaches in the area of heart

centered living and inner leadership. His new book release, Joy of Being: Daily Moments of Becoming Present, is a self reflection journal workbook that gives guidance for helping others to understand and be present in their lives while seeing joy each day. The meaning of his title explores Larsen's approach to a way of being in life—“who we are being each day, and how we are living in the present.

His writings focus on mindset, mindfulness, self-compassion, and inner leadership.

He hopes that by incorporating journaling, introspection, and practical tips, his readers gain a clear understanding of what presence is and how they can apply it in their lives while forming the habit change needed for continual commitment.

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