



# **Empowering You & Your Family: The Down to Earth Approach for Love, Peace and Joy for Mums**

*Helen Brougham*

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How many times have you felt concerned about what other people think about you? Do you struggle with feelings of fear, stress and being overwhelmed inside? Empowering You & Your Family will show you how to reclaim your life your way.

For 21 years, author Helen Brougham has been a remedial and pregnancy massage practitioner, and a coach to success trainer at her practice in Adelaide, South Australia. With a compassionate and down to earth approach, Helen shows you how to reclaim yourself, your life and your family connections, gaining personal mastery, freedom and fulfilment. This book is for all who want their family's choices to be empowered and connected, loving and loved.

While directed principally at mums, the information within can help all parents children, grandparents and extended family gain the courage, persistence and commitment to create the dream that gets families together. It is like a loving voice in your head that will show you the way home and create the results you desire.

Discover how to have your relationships flow the way you want. We are all here to make a difference and enjoy our lives. Find out how to overcome what limits you!

- Learn to connect with children, partners, friends and yourself
- Understand what triggers you to lose your cool and stop nagging your kids
- Know how to ask for what you want and get it
- Live a healthier, more fulfilled lifestyle
- Learn how to listen and understand what people are really saying
- Find how to create real connections of Love, Peace and Joy the easy way
- Discover the ONE action you must take to stop giving away your POWER

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