


Reconnect with who you are, create balance from the “inside out” and join a powerful mothers’ movement. The Mother’s Guide to Self-Renewal redefines how to be a woman and a mother in today’s overscheduled world.

Breathe. Relax. Join a supportive community. And create the life you truly deserve.

Join a community of thousands of mothers from around the U.S. and:

-  Learn about the Power of Self-Care and why it’s your best friend
-  Uncover the three keys to experiencing balanced living
-  Release unrealistic expectations and adopt a “good is good enough” approach
-  Manage—and increase—your energy so you have time for what really matters
-  Be more present with those you love and experience more joy
-  Become comfortable saying no, asking for help and building a support network



get a
Guide
get a
group
get
renewed

Visit www.reneetrudeau.com to learn how to start or join a group using this book.



A nationally recognized career and life balance coach, Renée Trudeau is president of Austin-based Career Strategists. Dedicated to enhancing balance in women’s lives, her work has been featured in *Working Mother*, *Family Circle*, *Parenting*, *Pregnancy* and *American Way* and in numerous other media.

(Photo: Renée and her son.)

“I love your book!!! Loving mothers are self-loving mothers; Renée’s book informs, supports and completely inspires this essential journey. This book is a jewel!”

—**SARK**, best-selling author of *Succulent Wild Woman* and *Make Your Creative Dreams Real*

“Being a mother may be the most important job in the entire world. It is, however, a difficult job. By renewing your life, you are able to remain joyful and energized which, in turn, makes you an even more wonderful mother. I wish I could have given this book to my own mother, as well as my wife, Kris when our children were first born. It’s a wonderful guide to creating a perfectly balanced life. Highly and enthusiastically recommended to Mothers and Fathers.”

—**Richard Carlson**, best-selling author of *Don’t Sweat the Small Stuff...and it’s all small stuff*

“What a glorious, loving, eloquent guide to the life-bestowing gifts of self-care. I can’t imagine a more important gift to give to a mother or anyone working with parents. This book will help women feel so much less alone and so much more capable of holding onto their souls in the midst of the relentless beauty of parenting.”

—**Jennifer Loudon**, author of *The Woman’s Comfort Book* and *The Pregnant Woman’s Comfort Book*

“Energy and renewal are the greatest gifts a mom can give herself and the people she loves. That’s why I love Renée’s *Guide*. In our time-constrained, energy-strapped culture, Renée provides a powerful plan that is both practical and nourishing—physically, emotionally and spiritually. I hope every mom will read and practice this uplifting *Guide* and reclaim the life they deserve.”

—**Jon Gordon**, best-selling author of *Energy Addict* and *The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy*



\$19.95 USA
\$24.95 CAN

