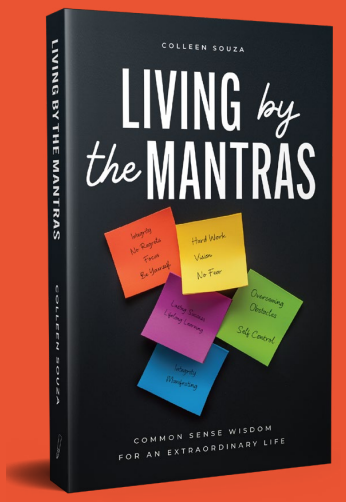

LIVING by the MANTRAS

COMMON SENSE WISDOM FOR AN EXTRAORDINARY LIFE

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ABOUT THE BOOK

Living by the Mantras: Parenting Wisdom with Phrases Kids Remember

What if one simple phrase could calm the chaos at your house and stick with your kids for life? Colleen Souza shares 21 real-life mantras she used to raise grounded, kind, responsible kids, each with humor, heart and practical tools you can use today.

- Calm the chaos before it takes over your family's day
- Build your kids' resilience and self-esteem with small mindset shifts
- Make kindness and generosity second nature at home
- Parent with intention and purpose, even when life gets messy
- Raise kids who take responsibility for their choices

THE AUTHOR

Colleen Souza is a mom of three, a former teacher of more than 20 years and the parenting voice behind Living by the Mantras. She holds a master's degree in educational psychology and today works as a parenting coach, author, podcaster and speaker.

She turns everyday family chaos into short, simple mantras: memorable sayings kids remember and parents can actually use at breakfast, in the car, and when everyone is melting down. Married in 1989, Colleen and Bryan raised three remarkable humans.

AUTHOR LOCATION

Clovis, CA

CONNECT WITH COLLEEN

WEB	livingbythemantras.com
YOUTUBE	@colleensouza.author
FACEBOOK	ColleenSouza.Author
INSTAGRAM	@colleensouza_author
X	@colleen_souza
LINKEDIN	colleensouza-author
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