



OM For The Mom: Take a magical journey on the little OM PILL of life-finding love, passion, inner peace & abundance.

Vanessa Palmer

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A spiritual & holistic prescription for your soul. A formula for life ~ full of love, happiness gratitude, yoga & inner peace. Vanessa's inspiring life philosophy will crack the surface to find help you find your passion and ignite your spirit ! As a busy mother of two young children, a full-time career woman, artist, Yogini, meditator and homemaker with a full social life, how does Vanessa manage it all with grace and a genuine, positive beaming smile? (Hint: it's not tranquillizers) Her "OM Formula" for a happy and fulfilled life begins within and takes you on a journey of self discovery and enlightenment. In her own words "Once you do the work on yourself and take care of you, everything else just falls into place and life becomes more balanced." OM FOR THE MOM is not a book on parenting and it's not just for mothers or women planning on being mothers. This book is for any woman who is serious about changing her life for the better and yearning to create the life of her dreams. It's about applying ancient strategies, such as ~ Yoga, Meditation, and Holistic living into modern times and creating a balanced formula for your life. It's about finding and igniting your spirit. Inside this book you'll find answers to questions like: How do I live a happy and fulfilled life? How can I find purpose and my passion in life? How can I manage all of life's responsibilities without losing my mind? How can I improve my relationships? How can I balance work, motherhood and me to live a more holistic lifestyle? What are the most important things to teach my children? How can I start living from the inside out and attract more of what I want out of life? If this mom can achieve her OM anyone can.

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