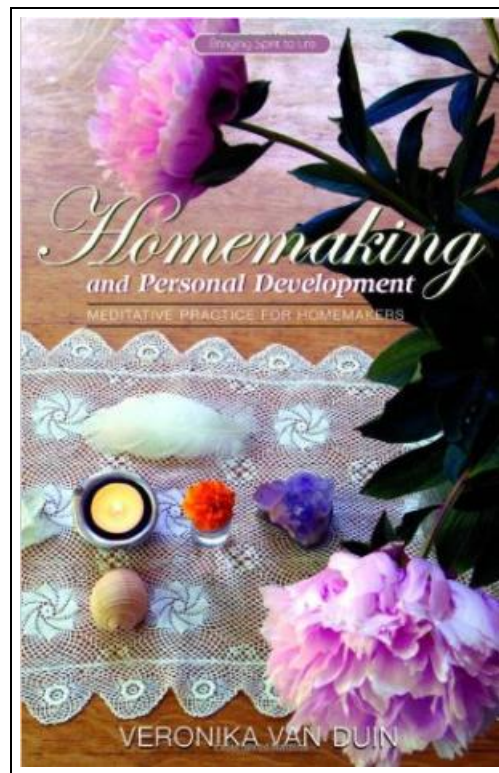


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Rudolf Steiner Press. Paperback. Book Condition: new. BRAND NEW, Homemaking and Personal Development: Meditative Practice for Homemakers, Veronika Van Duin, spacer "What decides why things go well one day and badly another? The events are the same, the homemaker is the same, yet on one occasion nothing works out for her and on another everything seems miraculously to fall into place. Is there a special ingredient within us that we can tap into and cultivate to generate the longed-for equilibrium?" Veronika van Duin began her career as a homemaker forty years ago. Setting out with love, enthusiasm and idealism, she soon discovered that she had no idea of the magnitude of the task, feeling herself to be 'very, very wanting'. As she writes: "I felt guilty, pressurised and inadequate much of the time. I became increasingly conscious of my personal shortcomings. I also felt very alone, and sometimes lonely too." It is from such humbling feelings that van Duin writes, offering support and hope for fellow homemakers. She reveals the discoveries that have provided her, and many others she has taught in workshops and courses, with the basic life tools for overcoming personal hindrances. In this wonderfully uplifting book, van Duin gives exercises for restoring balance, maintaining equilibrium, discovering understanding, creating joy, validating feeling, maintaining vitality and drive, developing insight, finding freedom, and much more.

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