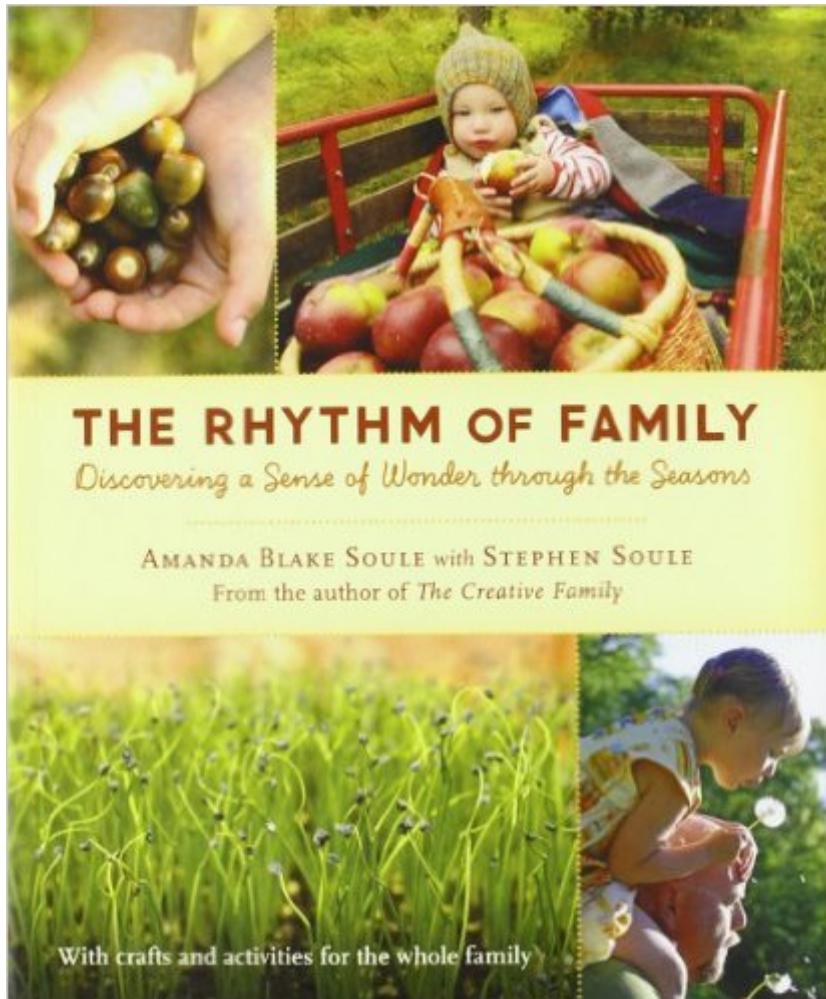


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# The Rhythm Of Family: Discovering A Sense Of Wonder Through The Seasons



## **Synopsis**

Many of us with busy families yearn for a slower and simpler life with our kidsâ "one that is connected to the seasons and the natural rhythm of the year, one that has our children spending more time out of doors rather than in, one that balances out some of the busyness of our livesâ "the computers, the televisions, the cell phonesâ "with a deeper connection to the Earth and an appreciation for and understanding of the natural world. The Rhythm of Family is a guide to living such a life for any family. Following the course of a year through the passing of the seasons, this book explores the ways we can create deep family connections and meaningful memories through living in tune with the cycles of nature. From stomping around in mud boots in the spring to gathering around the woodstove in winter, our activities naturally change from season to seasonâ "from the rhythms of the seasons comes the rhythms in our homes, our hearts, our families, and our every day. Paying attention to these changes slows us down, inspires new types of creative play and exploration, instills a sense of family togetherness, and deepens an awareness of nature and self that can make our lives, days, family, and earth grow stronger. The Rhythm of Family explores what we learn and can gain as parents and families by encouraging and experiencing creativity and nature exploration with our children, the seasons can provide us with a rhythm that brings us close to the earth, and closer to our children.

## **Book Information**

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## **Customer Reviews**

I love Amanda's blog, Soulemama, and her first two books are among my favorites for inspiration on what to do WITH my boys when a slot of creative time presents itself. Her third book is as excellent

as the first two. Her first book, The Creative Family, really focuses on MAKING things WITH your children; her second book, Handmade Home, focuses on making things with your children without going to the made in China craft store and spending a lot of money (use what you have). Her third book includes making things with your children as well, but the focus is how it all works together in real life, i.e. you and your children make an herbal chest salve during the season you will most likely need it, etc. A simple concept, yes, but one I find comforting in print. Her organization of seasonal activities is a gift to me; she has taken the time to help me "see" my children, our family, in each season. The projects, simple but beautiful, tie in seamlessly with the essays written by Amanda and her husband, Steve. The essays give me pause to think, to breathe, to slow down in my "to do" list and really look at my two guys at the ages they are NOW, and my interaction with them NOW, and what is going on OUTside NOW. Any author who encourages me as a mom to be in the moment with my children, who inspires me to learn and grow along with my children, who encourages me to see beauty everywhere I look, is a gift to me. I want to address the person who was offended by Amanda's chapter on meditation. I am a Christian and Amanda, I believe, is a buddhist. As a Christian, I teach my children to pray and to meditate on the Word of God. Her chapter on meditation, and other statements by Amanda or Steve that clash with my Christian worldview are NOT, for me, grounds for dismissing her book.

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