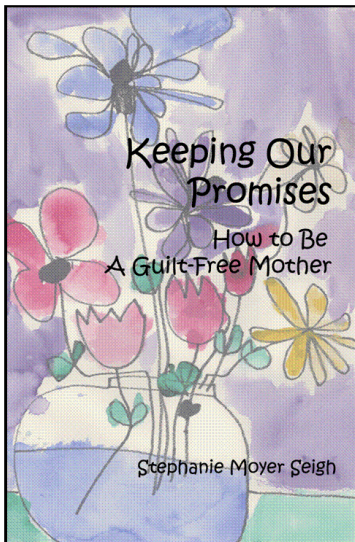


December feature –



Keeping Our Promises *How to Be a Guilt-Free Mother* by **Stephanie Moyer Seign**

This month, Aimee Scudder and Kris Thaller are excited to present this book review —

Please check out the latest book, *Keeping Our Promises: How to Be A Guilt-Free Mother* in our Unity Bookstore! Author Rev. Stephanie M. Seign, PCC, takes you on a journey through motherhood from guilt-ridden, to guilt-free, to ultimately joyous mothering. Why is it that even the "best" mothers feel guilty? Is it in our DNA or could it be our frequently unrealistic expectations of ourselves? This book answers the question, "How can we support one another into really enjoying our lives and our relationships with a minimum of 'shoulds' and guilt?"

Stephanie is an ordained Interfaith Minister and currently serves as the Director of Peacemaking & Transitional Services for the Association of Unity Churches International. She is also a Certified Life Coach for The Academy for Coaching Excellence. Professionally, she specializes in organizational growth and revitalization, and in facilitating joyous and effective leadership. Personally, she enjoys her family and supporting other mothers into loving themselves and their children... guilt-free! For further information, go to <http://www.guiltfreemother.com>.

“Stephanie is a colleague of mine and good friend. She has taken her life experiences, applied the Unity Principles and our coaching principles and melded them together into an engaging spiritual approach to motherhood. This book is a wonderful gift that I will be sharing with each of my three daughters over the holidays. It’s a book that every Mother can relate to and learn from.” — **Kris Thaller**

“I was one of the lucky people Kris shared this book with. My daughter and I have been struggling in our relationship for awhile now. This book helped me calm down, breathe and remember how much I love her. It is an easy read, which is important in times of high stress, and the beauty and simplicity of the steps appeals to my common-sense. It is a book I keep by my bedside for quick reviews when needed.” — **Aimee Scudder**

This book is available through the Christ Unity Church Bookstore — “lower level” in the Unity Café. You’ll find many other fine metaphysical texts there too!