

The Enlightened Mom

A Mother's Guide for Bringing Peace, Love & Light to Your Family's Life

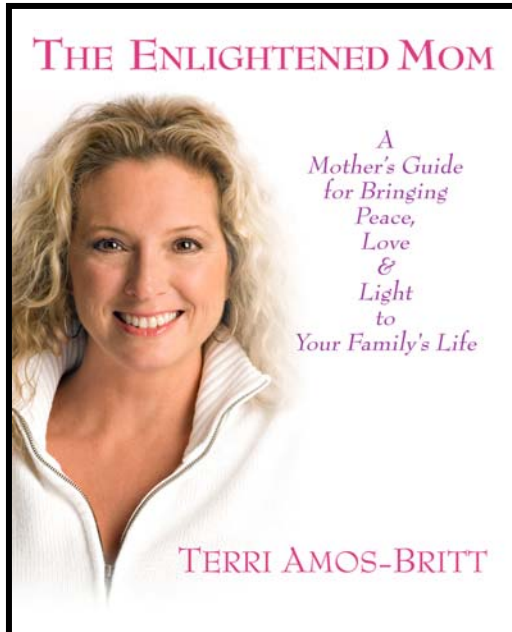
***Mom, are you tired and overwhelmed?
Do you feel there is no time for yourself?
Is there something missing in your life?***

I know how you feel. I was a mom who had lost herself. I did everything for my family and denied myself. I thought this was the loving thing to do. However, I found myself angry, sad, and frustrated with my life, constantly feeling overwhelmed. I hated the fact that I had knee-jerk reactions to my kids. I didn't understand what was going on within. I constantly felt guilty and questioned myself. I lived my life for everyone else, trying to be the perfect wife and mom...until I decided to heal.

I found myself on an amazing journey of self-discovery and love. I discovered remarkable tools to release the negativity in my life. And as I healed, my family healed. Judgment and blame fell away from our lives. A sense of wholeness settled into our family. Greater communication, acceptance, and unconditional love became a way of life.

Mom, it is time to love yourself! You set the tone for your family. It is my mission to share the tools that healed my life so that you and your family may heal. Please join me. Step onto the path of The Enlightened Mom.

Give your family this gift of love!



*Author * Speaker * Coach*

*Terri Amos-Britt
Bringing hope and healing to moms
and families all over the world.*

www.TheEnlightenedMom.com

Terri teaches you tools to:

- *Stop feeling drained and overwhelmed*
- *Release anger, judgment and blame, including knee-jerk reactions to your spouse and kids, seeing the gift in each difficult situation*
- *Find your loving voice, setting the stage to heal not only your life, but your family's communication as well*
- *Let go of guilt and have more fun*
- *Re-connect to your heart, creating a life of passion, purpose & love*

Terri Amos-Britt is a spiritual coach, author, wife, mom, step-mom, former Miss USA and television host, and the founder of www.TheEnlightenedMom.com, a Global Healing Community for moms. She is also the co-founder of its parent company, www.EnlightenedFamilyInstitute.com. Terri says, "My intention is to inform, entertain, and enlighten moms all over that world that by loving and honoring who they are and how they were created, they set an example of unconditional love. It's not what we do for our kids, but how we live our lives that impacts them the most!"