



Cultivate: A Grace-Filled Guide to Growing an Intentional Life

By Lara Casey

Thomas Nelson on Brilliance Audio, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. A guide to embracing imperfect progress and making what matters happen, little by little. Women often feel like they have to have it all together in order to live a meaningful life. Instead they feel inadequate, overwhelmed, paralyzed by fear and insecurity, and are exhausted simply trying to figure out where to begin. The secret to living a flourishing life isn't in engineering the perfect circumstances or having it all together. The secret is in the small, says author and speaker Lara Casey. It's easier than you think to cultivate what matters. It all starts with a tiny seed. Welcome to the journey of getting messy in the rich soil of possibility--embracing imperfect, grace-filled progress to grow a life of joy. Written as part encouragement anthem and part practical guide, Cultivate equips women to uncover and take action on goals that simplify life. Lara's signature goal gardening steps release them from the pressure to achieve and gives them freedom to move from planning to planting. Readers will walk through each season, finding balance as they interact in fresh ways with their current...



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