



# Enlightenment on Toast

*Carrie Antoniou*

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## **Enlightenment on Toast** Carrie Antoniou

If you've never been frustrated by a child throwing a tantrum or you've never been overwhelmed by the demands of parenting, then don't read this book. But if you're like the rest of us and find it challenging to always maintain an inner calm as a parent and sometimes struggle with the anxiety that comes with working while looking after young children, then keep reading.

Carrie Antoniou, the mother of four young children who runs an energy healing practice for children in Brisbane, Australia, explores how continuing your personal and spiritual development and being a happy parent is the greatest gift you can give to a child. Learn how to: take a mindful approach to parenting no matter what chaos is happening around you; share love and compassion with children even during challenging times; and stay connected with your inner calm so you can live a life of purpose.

Open your heart to the lessons of patience, compassion, forgiveness, and understanding in a way you never thought possible. You can find these precious moments hidden inside every day-when you drop children off at school, eat together or put them to sleep with "Enlightenment on Toast."

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