Tina M. Hardy’s Newly Released “Balancing Your Life from the Inside Out” is a Must-Read for the Overwhelmed Christian Mom

“Balancing Your Life from the Inside Out: Prioritizing God’s Plans for your life, while knee deep in the daily grind” from Christian Faith Publishing author Tina M. Hardy is extremely relatable and offers both spiritual and practical intervention for mothers struggling to keep the faith amid a whirlwind of domestic, personal, and professional responsibilities.

MEADVILLE, Pa. (PRWEB) February 18, 2019 -- “Balancing Your Life from the Inside Out: Prioritizing God’s Plans for your life, while knee deep in the daily grind”: a big-picture guide for the frazzled wife and mother, is the creation of published author Tina M. Hardy, a married stay-at-home mom of three.

Hardy writes, “If you are tired of being tired. If you find yourself running in circles Every Single Day with no end in sight, then Balancing your Life from the Inside Out is the book for you. In this novel the author goes over steps to simplify your life and to learn to prioritize what is truly important and what is extra fluff that we tend to put on ourselves. The author herself has learned from her own life lessons the importance of always prioritizing God first and learning that it is okay to say no sometimes. She encourages moms to live in the moment, and appreciate what life has to offer. She challenges each mom to focus on maximizing the time you have and being able to distinguish the difference between people and things that are taking up precious space in your lives. She has seen too many times moms being way too critical of each other, instead of focusing on each other’s strengths and learning from them! She encourages every mom to reevaluate where you are in life and the direction that God is leading you and to stop being so hard on yourselves!”

Published by Christian Faith Publishing, Tina M. Hardy’s new book is an inspiring encouragement for women to support each other and focus on their strengths rather than their weaknesses.

Most of all, Hardy offers compassionate empathy and understanding, drawing lessons from her own life as a once-hectic housewife and mother to remind others in her place to keep an eye on God and the big picture.

View a synopsis of “Balancing Your Life from the Inside Out: Prioritizing God’s Plans for your life, while knee deep in the daily grind” on YouTube.

Consumers can purchase “Balancing Your Life from the Inside Out: Prioritizing God’s Plans for your life, while knee deep in the daily grind” at traditional brick & mortar bookstores, or online at Amazon.com, Apple iTunes store, or Barnes and Noble.

For additional information or inquiries about “Balancing Your Life from the Inside Out: Prioritizing God’s Plans for your life, while knee deep in the daily grind”, contact the Christian Faith Publishing media department at 866-554-0919.
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