

Live Nourished

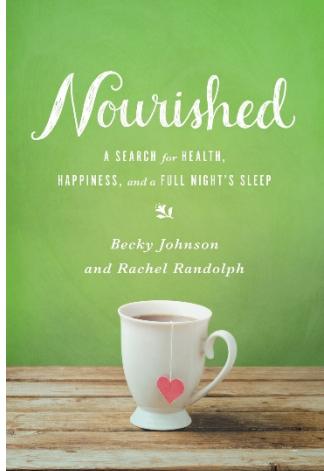
Authors Tackle Top 10 Everyday Stressors for Women

Grand Rapids, Mich., August 18, 2014 — A laid-back mom who finds comfort in clutter and her order-loving, thirty-something daughter, humorously explore how to tackle the top ten stressors that mess with a woman's mind—especially her peace and joy—in their new book "**Nourished: A Search for Health, Happiness, and a Full Night's Sleep**" (Jan. 6, 2015).

While the mother-daughter duo, Becky Johnson and Rachel Randolph, are opposites in style, they both long for a life that nourishes their body, mind, soul and spirit. From the challenges of early

motherhood to the angst of aging bodies, these down-to-earth women share laugh-out-loud stories and innovative tips to calm daily stresses like:

- Over-stuffed Schedules
- Clutter & Chaos
- Negative Body Image
- Sabotaging Self-Talk
- What to Cook for Dinner ... Again!
- No Time for Fitness
- Complicated Friendships
- Intimacy-Starved Marriages
- Forgetting to Enjoy Our Kids
- Feeling like a Spiritual Slacker



"God calls us to live with peace, joy, and meaning – in other words, to live more nourished lives in the middle of the muddle," say Johnson and Randolph. They write that "Nourishing Changes" involve a two-part compromise:

1. Gently (and sometimes, radically) altering a few targeted areas.
2. Accepting and embracing what we can, including our imperfections.

The authors believe that by simultaneously making a few changes, while still appreciating the here and now, we nourish our lives, but never have to put happiness on hold.

Through trial and error plans, fascinating research, and practical take-aways, readers are equipped and encouraged to make sustainable, nourishing changes—within and without.

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Nourished: A Search for Health, Happiness, and a Full Night's Sleep

By Becky Johnson and Rachel Randolph

Zondervan

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Becky Johnson is the author, coauthor, or collaborator of more than forty books. Most recently, she co-authored *We Laugh, We Cry, We Cook* (Zondervan 2013) along with a blog by the same name with her daughter, Rachel Randolph. She and her husband Greg, live in Denver, Colorado where they love spending time with their adult children and grandkids.

Rachel Randolph writes and speaks with humor and honesty about parenting a toddler, young married life, and her mostly plant-based cooking adventures. Rachel is married to Jared, a high school football and baseball coach. They live near Dallas, Texas with their son Jackson. *Nourished* will be Rachel's second book.

Visit: www.LaughCryCook.com & www.TheNourishedMama.com

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