



# Heart Tending: Creating rituals that nurture you and those you love

*Karin Watson*

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## **Heart Tending: Creating rituals that nurture you and those you love** Karin Watson

Heart Tending is not a "how-to" book. Instead of adding more "shoulds" to a list of things you want to do when you have time, this book offers a way to notice opportunities for creating rituals from things you are already doing, from daily routines to public ceremonies. Deeply nurturing and inspirational, it will empower you with permission to turn accidental rituals into intentional rituals, filling your life with vitality and spirit.

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