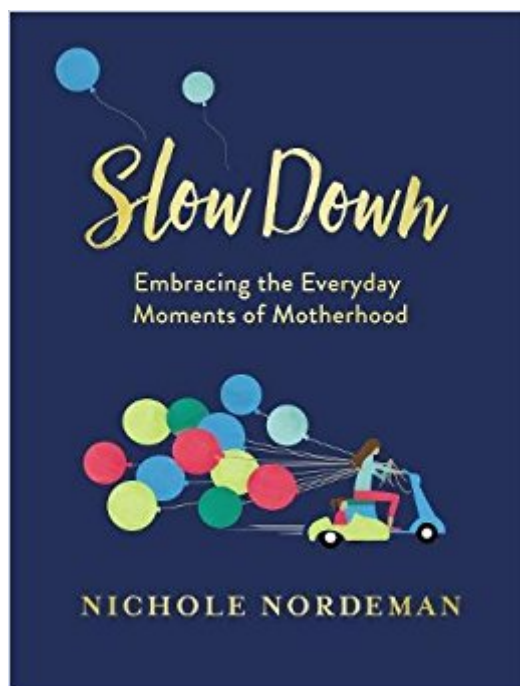


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# Slow Down



## Synopsis

The days are long, but the years are short. No matter if it's your child's first step, first day of school, or first night tucked away in a new dorm room away from home, there comes a moment when you realize just how quickly the years are flying by. Christian music artist Nichole Nordeman's profound lyrics in her viral hit "Slow Down" struck a chord with moms everywhere, and now this beautiful four-color book will inspire you to celebrate the everyday moments of motherhood. Filled with thought-provoking writings from Nichole, as well as guest writings from friends including Shauna Niequist and Jen Hatmaker, practical tips, and journaling space for reflection, *Slow Down* will be a poignant gift for any mom, as well as a treasured keepsake. Take a few moments to reflect and celebrate the privilege of being a parent and getting to watch your little ones grow—and *Slow Down*. Nichole Nordeman has sold more than 1 million albums as a Christian music artist and has won 9 GMA Dove Awards, including two awards for Female Vocalist of the Year and Songwriter of the Year. Nichole released a lyric video for her song "Slow Down," and it struck a chord with parents everywhere, amassing 14 million views in its first five days. She lives in Oklahoma with her two children.

## Book Information

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## Customer Reviews

Nichole Nordeman is a Christian recording artist and songwriter with numerous number-one and top ten singles to her credit and cumulative CD sales of over one million. A two-time Gospel Music Association winner for Female Vocalist of the Year, she has won a total of nine Dove Awards. She lives with her family in Oklahoma. Shauna Niequist is the author of *Cold Tangerines*,

Bittersweet, Bread & Wine and Savor. She is married to Aaron, and they have two wild and silly and darling boys, Henry and Mac. They live outside Chicago, where Aaron leads The Practice and is recording a project called A New Liturgy. Shauna also writes for the Storyline Blog, and for IF:Table, she is a member of the Relevant podcast, and a guest teacher at her church. Shauna's three great loves are her family, dinner parties, and books, and she believes that vulnerable storytelling, hard laughter, and cold pizza for breakfast can cure almost anything.

Jen Hatmaker is the author of the New York Times bestseller *For the Love* and happy hostess of a tightly knit online community where she reaches millions of people each week. She and her husband, Brandon, founded the Legacy Collective, a giving community that granted more than a million dollars in its first year. They also starred in the popular series *My Big Family Renovation* on HGTV. Jen is a mom to five, a sought-after speaker, and a delighted resident of Austin, Texas, where she and her family are helping keep Austin weird. For more information, visit [jenhatmaker.com](http://jenhatmaker.com).

Patsy Clairmont is a popular speaker, a coauthor of various *Women of Faith* devotionals, and the author of such best-selling books as *"God Uses Cracked Pots"* and *"Sportin' a 'Tude."* She and her husband live in Brighton, Michigan. Since her 2005 breakout RIAA Gold certified album *Awaken*, multi-Grammy nominated artist Natalie Grant has remained one of the top-selling Christian and Gospel artists with over 3 million in sales. The Gospel Music Association has named her the Female Vocalist of the Year five times, and she has had multiple songs and albums on the Billboard charts. More important than accolades, her passion is to help people across the globe discover their God-given calling and encourage them to live it out to the fullest potential.

An outspoken advocate for victims of human trafficking, Grant cofounded Hope for Justice International a multinational organization that rescues and provides complete restorative care for victims of trafficking. Grant makes her home in Nashville, with her husband producer, and songwriter, Bernie Herms, and their three children: twins Grace and Bella and their youngest, Sadie. Follow Natalie at [www.nataliegrant.com](http://www.nataliegrant.com)

Sara Groves is a mom, wife, singer/ songwriter and recording artist with a passion for justice and a heart of mercy. She has joined forces with International Justice Mission to advocate for victims of human trafficking for the past 8 years. Sara has been nominated for 7 Dove Awards and has produced a string of successful albums including her latest, *Floodplain*, which was inspired by the Mississippi River in her hometown, and speaks of God's provision.

Sara, her husband Troy, and their 3 children (Kirby, Toby & Ruby) reside in St. Paul where they cultivate an artist support community out of a 100-year-old church called Art House North.

Elizabeth "Ellie" Holcomb is an American CCM-folksinger-songwriter raised in Nashville, Tennessee.[3] Her father is noted music producer Brown Bannister, and she was a member

ofÂ Drew Holcomb & the Neighbors, whose front man is her husband Drew. They met while in school at theÂ University of TennesseeÂ together. Holcomb began her musical career withÂ Drew Holcomb & the NeighborsÂ in 2005, and she started her individual career pursuit in 2011. In 2011, she released theÂ Magnolia EP, which charted on numerousÂ BillboardÂ charts on September 10, 2011. Her second EP entitledÂ With You NowÂ did not come out until 2013, and this album peaked at No. 7 on theÂ Christian AlbumsÂ chart, which happened on September 7, 2013. Holcomb released her debutÂ studio albumÂ on the Full Heart Music label on February 18, 2014, entitledÂ As Sure as the Sun, which has garnered critical praise. She was awarded Best New Artist at the 2014 GMA Dove Awards. Following the success ofÂ As Sure as the Sun, Ellie Holcomb released her second full-length album,Â Red Sea RoadÂ on January 27, 2017.â œThe Mom Creativeâ • is the blogging home of Jessica Turner. Jessica wears many hats in addition to her mommy one: wife, friend, scrap-booker, marketing professional, sister, daughter... you get the idea. â œThe Mom Creativeâ • is Jessica's escape, where she discusses a variety of topics that interest her including navigating motherhood, scrapbooking, faith, product reviews and frugality. She believes that life is sweeter when creativity is infused into it. Some days that creativity might be scrapbooking and other days it is finding ways to stretch her family's budget. Jessica and her husband, Matthew, live in Nashville, Tenn., with their 11-month-old son, Elias. She loves connecting with other moms in social media (especially on Twitter!), is Southwest Airlines' official mommy blogger and a teacher for Big Picture Scrapbooking.

This book will resonate with any Mom I believe because we all soon come to realize that time passes quickly as we are raising our children. I really enjoyed reading this book and the reminder as a Mom to slow down and to accept our children as they are. The days pass and soon a new stage comes before we realize it....sometimes we are ready for that stage to be over and other stages we don't want to let go of. But either way we need to enjoy the moments we have with our children, not trying to change them or worry over things that don't really matter. The book has 14 chapters on a variety of wisdom and insight for mothers using stories about her children. Then it follows up with a few questions about that topic for you to consider. There are also short little inserts from other Moms too. The pictures of children are beautiful as well and add to the beauty of the book. This book will encourage you as a Mom! I highly recommend it to you. I received this book from the BookLook Bloggers Reviewers Program. Thank you.

About the Book: The days are long, but the years are short. No matter if it's your

child's first step, first day of school, or first night tucked away in a new dorm room away from home, there comes a moment when you realize just how quickly the years are flying by. Christian music artist Nichole Nordeman's profound lyrics in her viral hit "Slow Down" struck a chord with moms everywhere, and now this beautiful four-color book will inspire you to celebrate the everyday moments of motherhood. Filled with thought-provoking writings from Nichole, as well as guest writings from friends including Shauna Niequist and Jen Hatmaker, practical tips, and journaling space for reflection, *Slow Down* will be a poignant gift for any mom, as well as a treasured keepsake. Take a few moments to reflect and celebrate the privilege of being a parent and getting to watch your little ones grow up and *Slow Down*. My Review: This book came to me at a point in my life that it needed to, I guess. It came when one of my older children were fighting me for independence and I'm feel like they should try harder to be independent but still hold on to the morals that were taught them. When do we as parents come to grips that we are no longer in control of our children? When do we go say you know what my hands are off of this? There is a world out there ready to gobble them up and its real hard as a parent to allow them to go off in it and its hard to decide how hard to hold on. The author has written a book of encouragement for those moms that seem like they can never do anything right with their kids. That no matter what they do, its all wrong. Nichole writes true statements from the heart. They really hit home with my mommy moments and I know it could work for you to. Each chapter has questions to ponder and space to write. Great coffee table book or a baby shower gift! \*\*Disclosure\*\* This book was sent to me free of charge for my honest review from the author. All opinions are my own.

*Slow Down Embracing the Everyday Moments of Motherhood* by author and musician Nichole Nordeman is written by a mom for other moms. This book is suitable for new mothers as well as for moms that have been at it for awhile. It's really a gentle nudge to not miss out on the everyday moments. Parenting is hard, life is busy, and if we blink time will go by so quickly that we find ourselves really missing out on those moments we can't get back. Being in the moment can sometimes be hard, especially if your brain just won't slow down! Nichole shares her heartfelt stories about her own motherhood walk in hopes to encourage us that it'll be okay. She does a great job in offering a fresh and welcome perspective. Her writing style is as if she's speaking to readers like dear friends urging us to see and take hold of everyday moments and situations whether they be the ones we see as perfect and those that are especially not. This book is laid out nicely. There are cute little illustrations and full-color photos of children throughout this hardcover book. There are 14 chapters from Nichole with guest writers sharing their two-cents as well. I loved the many

different perspectives, advice, and types of families mentioned from single moms, etc. At the end of each chapter are questions to ask yourself about your family and children. There are also blank lined pages to gather many thoughts. This book will challenge and encourage you to slow down, not miss out on these moments, and to savor this time and your children for what it is and who they are. Time really does go by so quickly. I certainly recommend this book to every mom and it certainly would be a great choice to gift to a mother.

I just finished reading the best book called *Slow Down: Embracing the Everyday Moments of Motherhood* by Nichole Nordeman. Have you heard her song *Slow Down*? I had, but I love the *Slow Down* book even better. It seems like the perfect book to read this time of year with all the kids heading back to school and seeming so grown up. I love the message of slowing the pace of your life down and enjoying the moments with your children. Children grow up. It's a fact, but there's plenty of things you can do to slow down the pace of life to enjoy the years of parenting your little ones. I loved the message of appreciating your children for who they are, being vulnerable with other moms, savoring the moments without micromanaging them, creating family traditions and savoring the JOY in raising children. The collaborative writing from all kinds of moms to tell their stories and their mothering advice was refreshing. It was fun to hear all of the voices speak to the things they've learned about mothering. *Slow Down* is a quick read that you're sad to see end. The parenting advice is encouraging and not preachy. Each chapter ends with a couple questions and blank pages for you to answer. The sets of questions really make you think about your family and your kids. The set up of this book would make an excellent book club or book to read with friends. I'd highly recommend this book to any mom.

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