

From the bestselling authors of
SELF-CARE FOR THE REAL WORLD

**rituals
for
every day**

**nadia narain
&
katia narain phillips**

Katia Narain Phillips and
Rituals for Every Day



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We all want a more calm and spacious way of living, but we tend to be unsure of how to stage off the crazy treadmill of day-to-time routines and duties. Through engaging in small, simple, and reflective routines, you can allow these simple, everyday rituals enable you to get back again to yourself. Rituals for each and every Day time shares Narian and Narian Phillips' Wellness pioneers Nadia Narain and Katia Narain Phillips have discovered through years of practice that easy rituals can help you slow down the pace of modern life and re-middle yourself.s easy-to-follow step-by-step advice.



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