



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

Becky Johnson, Rachel Randolph

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With humor, honesty and faith Becky Johnson and her daughter Rachel Randolph determine to tackle the stuff that is stressing them out, once and for all. From interviews with friends and lots of research they came up with *The Ten Most Common Stressors That Mess with a Woman's Mind*: daily challenges that routinely steal her sense of peace and joy. Together Becky and Rachel cook up a plan to live a less depleted and more nourished life. Opposites in many ways mom and daughter share their successes and failures as they make peace with their imperfect bodies, create living spaces they love, get wiser in their relationships, tame jam-packed schedules, settle into God's love, and more. In short, they stumble and journey together toward a life that better nourishes them – body, mind, soul and spirit.

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