



# **The Diaries of a Conscious Parent: One Mother's Journey To Raising Herself Through Her Daughter's Essence**

*Sandra Fazio*

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When Sandra started blogging in June 2014 it was a way for her to share her parenting journey (struggles and lessons learned), to be a steward of the life-changing real life practices of conscious parenting that she has been applying through Dr. Shefali's teachings, and ultimately a way to honor her inner voice, thoughts, and emotions.

Whenever a specific experience, encounter, or episode occurred in the day, and mainly around her parental unfolding, she was compelled to release it through her blog with full presence and conviction. There was no particular formality just pure vulnerability in the moment. It became a way for her to practice the art of letting go, feeling her feelings, embracing her fears, expressing her heart and trusting that The Universe is always there to support her along the way no matter what.

As you read through Sandra's book, may you find your own inspiration, your own inner voice and your own liberation – freeing yourself from self judgement, guilt, and doubt. Her intention for this book is to let you know you are not alone on your journey and that as a parent or care-giver you are undertaking the greatest role of your life to be an agent of change – starting with yourself first. Your children will reap the benefits and you will be more present, connected and abundant for them through becoming a conscious parent.

As a Life / Parent Coach - having completed her Core Essentials Graduate course work via Coach U, Inc. in 2009 – Sandra's mission is to continue to raise one's collective self-awareness and do one's part to make this world better for our children to live and lead, for generations to come.

Born and raised in Michigan, Sandra received a Bachelor's Degree in Communications Studies from The University of Nevada, Las Vegas. She is married to her wonderful husband and best friend, Michael of eight years where they reside in Las Vegas, Nevada with their family – 4.5 year old daughter and 6-year old "puppy girl" Lhasa Apso.

"Sandra Fazio's deep and insightful wisdom into the process of conscious parenting can help many families transform from pain to joy. She offers wonderful support to families desiring a more connected relationship with their children.

There is nothing more gratifying as an author than to have your message help another on their journey. Sandra Fazio's diaries on conscious parenting are a deeply authentic and courageous tribute to the vision of conscious parenting. Here, she shares how these teachings have worked for her in real time in a raw and insightful way. Every mom will relate to her words and be inspired to integrate conscious parenting in their own lives. Thank you Sandra, The Conscious Parent, for helping spread conscious parenting in every home!" – Dr. Shefali Tsabary, author of The Conscious Parent

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