

Not So Fast With Ann Kroeker



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In today's episode, Jane chats with author and speaker Ann Kroeker about her latest book *Not So Fast: Slow-Down Solutions for Frenzied Families*. Ann offers great tips for families who want to learn to live a slower-paced lifestyle to savor time with each other and God. You can find Ann at <http://annkroeker.wordpress.com>. Click below to listen to the podcast now or download it to listen later.



Ann Kroeker

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