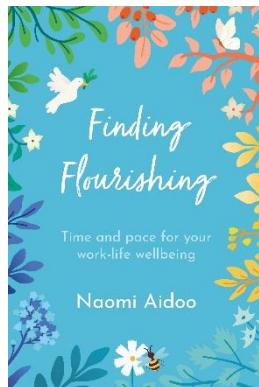


19 July 2024



Finding Flourishing

Time and pace for your work-life wellbeing

Naomi Aidoo

Pb, ISBN 978 1 80039 274 8, £8.99

Finding Flourishing is a fresh and biblical take on a popular theme by BRF Ministries' exciting new author, Naomi Aidoo. It replaces the highly coveted notion of 'work-life balance' with 'work-life wellbeing'. Exploring dualities such as work and rest, and boundaries and relationships, *Finding Flourishing* takes the reader on an interactive, biblically rooted journey through goal setting, mindset, real self-care and more. Its aim is to point people to Jesus as well as to practical tools. Naomi writes:

'Finding Flourishing is a book in which I'm delighted to share a different perspective on work-life wellbeing: a perspective which doesn't automatically assume you've got everything together and just need a few tweaks, nor place unrealistic expectations on your time. Instead Finding Flourishing will serve you with a reminder of your humanness, with an understanding that your humanness is not a shock to God, and with tools which will enable you to keep going and keep growing in your own time and at your own pace.'

Praise for Finding Flourishing

'Written by a busy working mum who knows what she's talking about, Finding Flourishing combines practical advice and inspirational content. This book provides a great opportunity to pause, reflect and reorientate our lives around the things that really matter.' – Ruth Jackson, presenter, Premier Unbelievable, and mum to a boisterous toddler

'Naomi writes as a friend to anyone who is truly seeking to flourish. She meets the reader where they are, but brings a depth and richness that can only come from a tenacious excavation and application of truth in her own life. I am thankful for her work and the empathy available to us all in this book, which encourages us with stories, practical instruction and truth to truly flourish no matter what the season.' Susanna Wright, writer and filmmaker

About the author

Naomi Aidoo is a coach and the founder of Time & Pace®, where she helps people with big goals and little time. Through her signature TIME framework and with a faith focus, Naomi helps clients reframe their mindset, build momentum toward their goals and thrive. She is also a former teacher and is co-director of education company Innerscope. She has regularly been featured on Premier Christian Radio, Premier Praise and Premier Gospel. [More information.](#)

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