30 Days of Gratitude Challenge Day 20 — Music

My kids love music, and earlier this year when I was struggling with my feelings, my daughter created something that kept me going.

November 20, 2018 By Lisa Vento Nielsen

Today, there were a bunch of things on my list to write about, but I wanted to talk about music and its impact on healing and life for me as a mom of two children who happen to be musically inclined (despite me sounding like a dead cat when I sing — which I do entirely too much).

My kids love music, and at a time in my life in late September / early October of this year when I was struggling with my feelings (which I wrote about in the blog post "Not so super") my daughter created something that kept me going.

I foster their love of music in the best place I know of — ET Studio Productions. The group has become more family than music lesson providers, and that creation of my daughter's is something that kept me going each day, to get up and go and to help myself feel slightly more super.

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