



Tranquility du Jour

Tranquility is the quality of calm within a full and meaningful life.

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About Kimberly

I'm the author of six books, a psychotherapist in private practice, and host of the Tranquility du Jour podcast. I've been teaching, studying, and practicing tranquility since 1999. My mission is to help women find more ease and beauty in everyday life. Sign up for Love Notes to receive doses of soul balm straight to your inbox.



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