



Fall Inspiration

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. My mission is to help midlife women find more balance and beauty in everyday life.

Join me for a digital course or virtual retreat to learn bite-sized tranquility tools to help navigate life's twists and turns and to dive deeper into the five TDJ Tenets of wellness, creativity, mindfulness, compassion, and style.



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