

Hi there, I'm Kendra.

Welcome. If you're here from the Growing Home Together podcast, the freebie that I mentioned on the show is at the very bottom of this article.

There's a link to download it directly. And I hope that the article and the freebie will help you to overcome those negative thoughts that threaten your marriage.

If you would like additional weekly reassurance and tips on changing your negative thoughts using scripture and the science of how God made us, then be sure at the bottom of the page to put your email address into the box and you will get those emails on a semi-weekly basis.

Have a wonderful day!