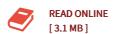




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By Dharma Hazari

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Do you get stuck in your head sometimes and feel lost or anxious? Bring the lost harmony back into your life by learning how to live mindfully. We all get entangled in the drama of life (work, family, personal goals etc.) and end up living life compulsively rather than consciously. It is only human to make mistakes from time to time. When we make plans and they don't work in our favour, we often get frustrated or depressed. Unfortunately, some of us feel lost even if the plans actually do work out. So what can we do to effectively deal with this internal conflict? This has been a topic of focus in the East for thousands of years. And many methods and philosophies have emerged as a result of this with Zen, Mindfulness & Buddhism being some of the most famous. It definitely takes some practice but true happiness awaits the person that can detach their state of mind from the outcome of their efforts. The problem is that nobody ever gave us the manual to live life rightfully in the moment. And many of the existing guides suggest...



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AUTHORHOUSE, United States, 2018. Hardback. Condition: New. Language: English. Brand new Book. You're single, and you love God. Now what? You are a recent widow or divorced after years of marriage. Now what? You have never been married, and you love God....



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