



## A Moment of Peace

By Paul Gristwood

Arthur H. Stockwell Ltd. Paperback. Book Condition: new. BRAND NEW, A Moment of Peace, Paul Gristwood, "A Moment of Peace" is a spiritual outlook on our changing world, and how we may view and react to it with a more positive understanding. It seems to be normal within our world today for many to react in an unbalanced way within our minds and physically. With a greater understanding our reactions could be more balanced and compassionate. Our emotions can quite often be charged with fear caused by our not understanding the world about us, and the people we share it with. If a little more thought went into the possible reasons of why people act the way they do, and why life may manifest the way it does, this may then help us to find the peace within us to react more patiently and calmer in return. It is easy to lose hope in a brighter future to come when all we see within the media is negative and chaotic. In truth there is more good happening within our world than we are being led to believe. Although about us we may see an unbalanced world, but this is the reflection of...



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