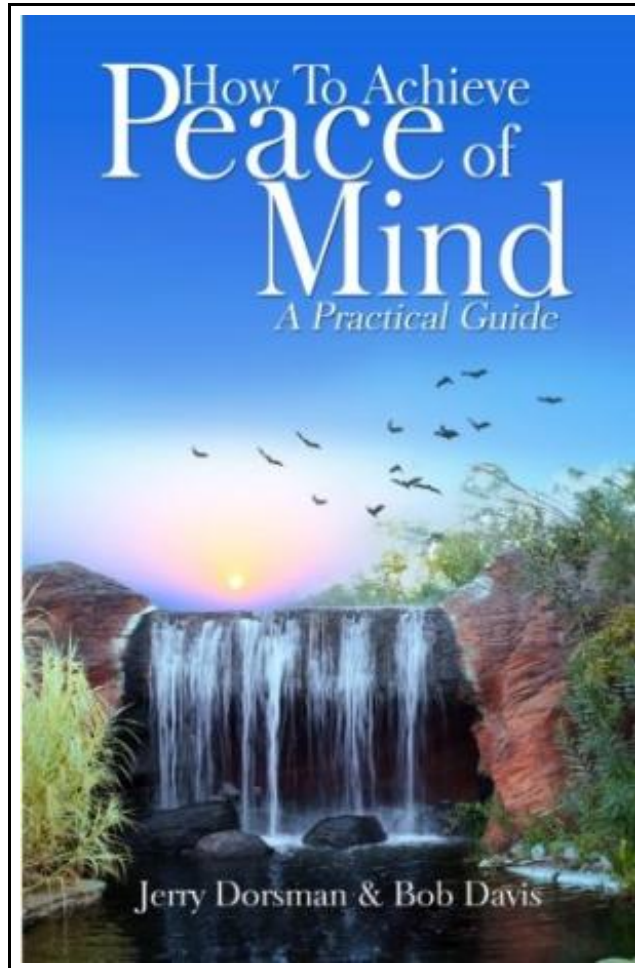


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HOW TO ACHIEVE PEACE OF MIND: A PRACTICAL GUIDE



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Sunbury Press, Inc., United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Stressed out? Losing your temper or sedating yourself may offer short-term relief but will ultimately backfire. Instead, look within. You have the power to change your life. How to Achieve Peace of Mind contains over 140 ways to help you find this power. With it you can learn to calm yourself, relax at will, improve your outlook and your relationships with others, and even add years to your life. If you want to acquire these skills, this book is for you. The authors have studied and practiced hundreds of methods for attaining inner peace and have collected, in one volume, the most effective, practical, and easy-to-use methods. The techniques vary from bodywork to meditation, visualizing to breathing, humor to prayer, and many more in between. Regardless of the source of your stress, there is a technique here that will work for you. Achieving peace of mind leads to a more abundant life. By incorporating these techniques into your day-to-day life, you too can attain a true sense of calm. CONTENTS PART ONE: PHYSICAL PEACE Chapter 1: Our Bodies in Motion Celebrating the Body Moving to a Beat Slow Motion Movement Kneading the Body Acupuncture for Inner Calm Balancing and Movement Techniques From Outer Motion to Inner Peace Chapter 2: Our Bodies at Rest The Music of the Breath Letting Go Creating a Peaceful Environment Chapter 3: Nourishing Our Bodies Eating Consciously Foods that Promote Peace of Mind Herbal Peace Thankfulness for Your Food PART TWO: MENTAL PEACE Chapter 4: Freeing Yourself from Thought You Are Not What You Think Watching the Breath Life as a Movie Witnessing Technology-Assisted Peace Breaking Logic Chapter 5: Involving Yourself in...



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