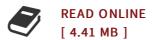




How to Achieve Peace of Mind: A Practical Guide

By Bob Davis, Jerry Dorsman

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:...



Reviews

Completely essential read book. It is one of the most remarkable publication i have got study. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Santina Bogan

This pdf is great. I am quite late in start reading this one, but better then never. I am effortlessly can get a delight of looking at a composed publication.

-- Samara Hudson

You May Also Like



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



My Life as a Third Grade Zombie: Plus Free Online Access (Hardback)

Gallopade International, United States, 2013. Hardback. Book Condition: New. 224 x 142 mm. Language: English . Brand New Book. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective,...



ASPCA Kids: Rescue Readers: I Am Picasso

Studio Fun International, United States, 2015. Paperback. Book Condition: New. Debra Melman (illustrator). 216 x 152 mm. Language: English. Brand New Book. Fourth in the ASPCA Rescue Readers series, this Level 2 reader follows the adventures of Picasso, a puppy that...



DK Readers L3: Extreme Sports

DK Publishing (Dorling Kindersley), United States, 2001. Paperback. Book Condition: New. 216 x 183 mm. Language: English. Brand New Book. Are you ready for the ultimate book on daredevil sports? Whether it's steep skiing or freestyle motorcross -- this book...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251×178 mm. Language: English . Brand New Book ***** Print on Demand *****. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to sharpen their skills and don t mind...