



You Can Find Inner Peace: Change Your Thinking, Change Your Life

By Mike George

Watkins Media. Paperback. Book Condition: new. BRAND NEW, You Can Find Inner Peace: Change Your Thinking, Change Your Life, Mike George, Do you feel anxious and overwhelmed by day-to-day life? Are you looking for a greater sense of personal fulfilment? The constant demands of our fast-paced modern lives means we often feel overwhelmed, stressed and under pressure. You Can Find Inner Peace is a simple, easy-to-use guide designed to help you achieve a more balanced way of living. The book contains 25 specially devised mental, physical and emotional exercises that will help you create a calmer life. The techniques covered are drawn from around the world and include visualisation and meditation. You will learn how to: Gain greater self-understanding and a sense of self-worth Improve your peace of mind Deal more easily with life's difficulties Grow your self-esteem and self-confidence Enjoy your life more fully and appreciate its simple blessings.



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