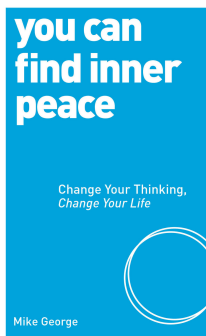


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YOU CAN FIND INNER PEACE EBOOKS 2019



Author: Mike George

Release Date: Expected @@expectedReleaseDate@@

Do you feel anxious and overwhelmed by day-to-day life? Are you looking for a greater sense of personal fulfillment? 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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