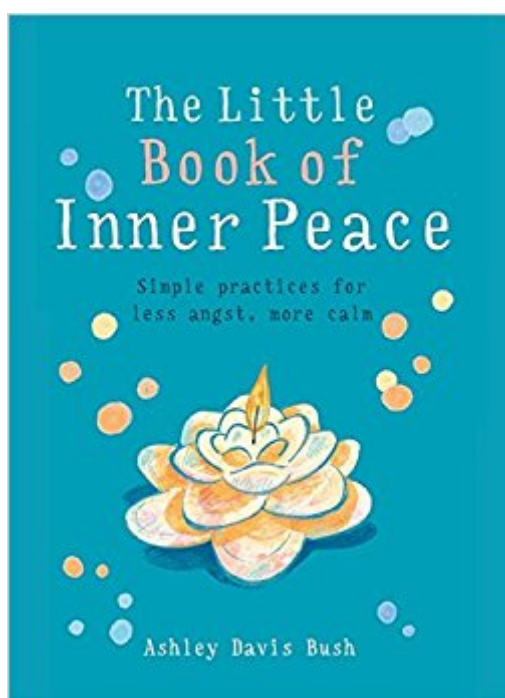


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Little Book Of Inner Peace: Simple Practices For Less Angst, More Calm (MBS Little Book Of...)



Synopsis

This stunning, color-illustrated guide includes practices to help you let go of everyday stresses and find inner peace. With practical tools, strategies and exercises harnessing the benefits of mindfulness, meditation, gratitude, creativity, relaxation and compassion, this book will guide you towards your own inner peace and help you to find harmony with those around you: family, friends, your community and the world.

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Introduction

1. Grounded and Rooted

2. Equanimity

3. Acceptance

4. Gratitude

5. Compassion

6. Something More

7. Towards World Peace

References

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Customer Reviews

Ashley Davis Bush, LICSW, has been a psychotherapist for 30 years and is currently in private practice in New Hampshire, USA. She is also a spiritual director trained in both Eastern and Western contemplative traditions. Ashley contributes articles to the The Huffington Post on the subjects of grief, relationships, stress management, self-care and wellbeing, and is the author of seven books, including Shortcuts to Inner Peace. She is happily married to her husband Daniel, and together they have raised their five children.

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