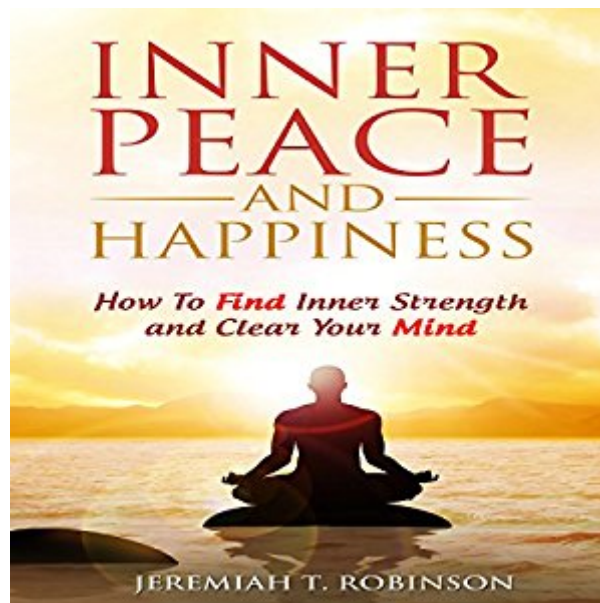




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Inner Peace And Happiness: How To Find Inner Strength And Clear Your Mind



Synopsis

This short book will teach you on how to find inner peace and mindfulness! Works of Paul Chek inspired me to write this book. I hope to show listeners that there is a purpose to life, and that it is the lessons we are learning in our everyday lives that give our life this purpose. I also feel there is something happening to the planet at this time, and we are privileged to be here. We are being guided and helped in many ways, which have not previously been open to us. As more and more people take an interest in matters which are "not of this world", the purposes of our true existence will come more into focus. In this book, you'll learn: How to feel love toward self and others How to let go of your limiting beliefs How to achieve greatness with peace of mind Meditation and various meditation techniques Everything about your perception of beauty in our world How to breath properly About essential vitamins and minerals and how to get them naturally About nutrition and how it affects your mental health Why healthy fats are essential About lifestyle changes and my people have dysfunctional lifestyle Meditation and alone time Importance of hydration And much more....

Book Information

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Twelve-Step Programs #3990 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

This book is the key to obtaining inner peace and happiness within yourself and is a must read for everyone. The author is an expert when it comes to this subject and explains just how to clear your mind and finally gain inner peace. As I was reading through the book, I started implementing some of the practices and I am already starting to see some results when it comes to my mindset.

Unfortunately, I am someone who tends to stress and let negative thoughts occupy my mind, but

this book now has me doing the opposite. I honestly learned a lot and I am sure other readers can benefit as well. I recommend this book, it is worth the read!

This is a book that I will have a hard time forgetting. The book is very intriguing and talks about how you can create inner peace. The book touches on some significant issues that will help to create a more peaceful and harmonious internal environment. I found that the book was very inspirational and mindful. I certainly recommend it.

This is a great book. I loved the Elliot Hulse mention in Chapter 7 (Love his videos as well). I think this is one of those few books that gives you real life advice / tips rather than just talk. Self help can be a touchy subject as it's hard to mix 'get happy' ideas with real life but the approach taken by the author here will set you off in the right direction. Definitely recommended.

This short book covers a lot from, diet and exercise, meditation, sleep patterns, beliefs, detoxing, breathing techniques and hydration, and a lot more. The author knows his stuff, it is well written, easy to follow and informative. I also like the advice on positive thinking and mindset, I found these sections very helpful indeed. Really enjoyed the book and it was packed with lots of great gifts which came as a pleasant surprise. Recommend it.

I was given a review copy of this book and asked for my opinion. This book is short, but to the point. A quick, easy and direct read that serves as a good reminder on prioritizing your life.

I absolutely loved this book. Jeremiah Robinson did an astounding job on explaining TRUE inner peace through practical ways. I gave it a 5 star because it was detailed and very well-written

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