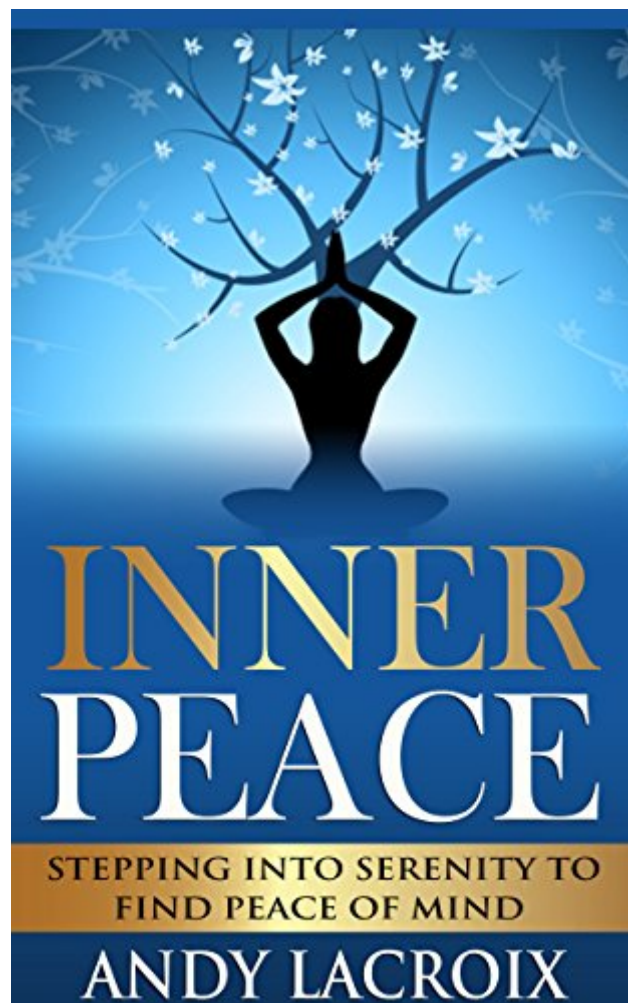


The book was found

Inner Peace: Stepping Into Serenity To Find Peace Of Mind (Inner Peace And Happiness, Peace Of Mind Book 1)



Synopsis

Inner Peace can be yours Today! If you're tired of feeling stuck, tired of feeling like you are fighting a war with yourself even though you've raised a white flag again and again, tired of feeling like you are being crushed by the pressure that comes with modern living, then I invite you to read on. The key to calming your inner turmoil is in your hands. Peace of mind is within your reach. In today's world, we are often under a lot of pressure: the pressure to be competitive, the pressure to succeed in work and at play, the pressure to look good, the pressure to perform well and be apt in all we do, the pressure to get and stay physically fit, the list goes on and on, as I'm sure you're all too aware. We are under so much pressure that it can feel like we are caught in a vise grip, and that we would do anything for some relief. We would do anything to simply be able to find inner peace. The trouble is, much of the pressure we are under comes from the same source as the desire to be free from that pressure: within ourselves. Have you ever heard the phrase, "we are our own worst critics"? It's the truth. That isn't to say that there aren't a variety of stressors that come from outside ourselves - there are plenty! But often, when we look within, we can see that much of the pressure we find ourselves under stems from a place inside ourselves. Within this book, you will find a three-step method to achieving inner peace: the Triple A Way. We will discuss inner peace, the barriers we face when seeking it, how we can use our emotions and values as road maps to the right path, and how you can use the Triple A Way to get out of the vise grip you find yourself in and be at peace with yourself, peace of mind, once and for all. I invite you to read on, Inner Peace can be yours today! Download your copy Now! Tags: Inner Peace, peace of mind, contentment, happiness

Book Information

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Customer Reviews

I just read Inner Peace, by Andy Lacroix. I can attest to the benefit of his method. The author teaches you very quickly in only three steps how to redirect the jumble of positive and negative emotions, how to cut through the confusion about your own values, and how to end the war and stop the conflict between needs and wants. You will learn very quickly how to re-channel stress and pain into lasting serenity. Do not underestimate simplicity. I have studied many spiritual and psychological teachings for decades, both simple and complex. They all have a common goal and a common path: Serenity. Yet we know that millions have benefited from the most simple and instant pathways to awakening. This book is an example. It is a new portal to personal peace through simplicity. Here are some examples from my experience I would like to share for comparison: The ancient Greeks talked of Ataraxia, the peace of mind that came suddenly. In Zen, the student is enlightened instantly. Zen is so simple you can't really call it spiritual. If you are familiar with Byron Katie, you know she uses four simple questions to unlock all pain and confusion and has done so successfully for thousands of people. Her work is so simple, it transcends traditional psychology and spirituality. This is also true of Eckhart Tolle who teaches one thing: being present. There is a book called The Road Less Travelled by M. Scott Peck, a psychiatrist. I find that Peck's work supports from the psychological point of view the fundamental teaching of this book- Inner Peace: Stepping into Serenity to Find Peace of Mind. I mention the above examples to show that Inner Peace, the title of this book, can be either a psychological or spiritual goal, or both.

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