



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

Mike George

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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 blessing.

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