



Tuning in to Inner Peace: The Surprisingly Fun Way to Transform Your Life

By Joan M Gregerson

Createspace, United States, 2012. Paperback. Book Condition: New. 203 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****. Video of Joan telling her story and talking about the book: Are you ready to transform your life? If you worry and agonize about the past or the future, you are missing the very joy of living. Most of us rush through life, ignoring our inner turmoil. But with a slight, deliberate shift of focus, you can break free of decades-old problems. Through these 29 bite-size lessons, you'll learn how to quickly end your internal battles. Understand how your thoughts and words hold you back. Learn simple techniques with exercises that will make you a more powerful, peaceful, and joyful force in the world. TUNE IN and experience the surprisingly fun way to transform your life! Joan Gregerson writes with humor and passion, sharing insights from her life and travels around the world. Table of Contents Foreword3 1 Why Inner Peace?1 2 Inner Peace is Outwardly Obvious5 3 Where to Look9 4 Anger Has No Value13 5 No Waiting18 6 Letting Go of Chaos26 7 Guilt: Self-Deprecating Laziness35 8 Don't Worry About Me40 9 Perfectionism: The...

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