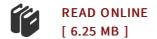




Peace a Day at a Time: 365 Meditations for Wisdom and Serenity (Paperback)

By Karen Casey

Conari Press, U.S., United States, 2011. Paperback. Book Condition: New. 175 x 124 mm. Language: English . Brand New Book. Karen Casey s daily meditation books have guided millions through their recovery and daily lives. She has written eloquently about almost every facet of recovery and how to live a sober, balanced life by trying to live in the present, one day at a time. In this new collection Casey offers meditations for the next step in recovery: developing serenity in order to live a happier, more peaceful life. Drawn from her most popular meditation books, Peace a Day at a Time offers a classic meditation-a-day: an opening quote, a brief essay, and a takeaway message--for every day of the year. This powerful set of daily reminders on how to stay centered and find inner peace features a companion index with key theme words to reference any issue you are struggling with. Meditations include: * paying attention and listening to your inner voice * avoiding drama and letting go of blame * how to stop living from crisis to crisis * coping with fear, sorrow, anger, and pain * embracing change * practicing kindness, joy, hope, and acceptance Karen Casey is...



Reviews

A top quality pdf and also the font applied was fascinating to read. It can be full of knowledge and wisdom I am effortlessly could possibly get a delight of studying a created ebook.

-- Oceane Stanton DVM

This pdf may be worth getting. It is actually writter in straightforward words and not difficult to understand. You will not feel monotony at at any moment of your respective time (that's what catalogs are for about should you request me).

-- Miss Golda Okuneva