



Peaceful Living: Daily Meditations for Living with Love, Healing, and Compassion

Mary Mackenzie

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Each of the 366 meditations in this gathering of wisdom is designed to move readers away from turmoil, strife, and divisiveness and lead them toward peace, resolution, and cooperation. This shift in consciousness is challenging, but with the words and ideas of this book, readers can assemble a collection of practical tools for peaceful living.

The learned behaviors of cynicism, resentment, and getting even are replaced with the skills of Nonviolent Communication, including recognizing one's needs and values and making choices in alignment with them.

Peaceful Living goes beyond daily affirmations, providing the skills and consciousness you need to transform relationships, heal pain, and discover the life-enriching meaning behind even the most trying situations. Begin each day centered and connected to yourself and your values. Direct the course of your life toward your deepest hopes and needs. Ground yourself in the power of compassionate, conscious living.

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Diane Joiner:

Playing with family in a very park, coming to see the coastal world or hanging out with pals is thing that usually you will have done when you have spare time, in that case why you don't try thing that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Peaceful Living: Daily Meditations for Living with Love, Healing, and Compassion, you could enjoy both. It is excellent combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

Debra Espiritu:

Are you kind of stressful person, only have 10 or 15 minute in your day to upgrading your mind ability or thinking skill perhaps analytical thinking? Then you are having problem with the book as compared to can satisfy your limited time to read it because pretty much everything time you only find publication that need more time to be examine. Peaceful Living: Daily Meditations for Living with Love, Healing, and Compassion can be your answer because it can be read by you who have those short extra time problems.

Joan Ortega:

In this particular era which is the greater particular person or who has ability to do something more are more precious than other. Do you want to become certainly one of it? It is just simple approach to have that. What you are related is just spending your time not very much but quite enough to get a look at some books. One of many books in the top listing in your reading list will be Peaceful Living: Daily Meditations for Living with Love, Healing, and Compassion. This book that is qualified as The Hungry Hillside can get you closer in growing to be precious person. By looking up and review this book you can get many advantages.

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