



## The Power of Peace in You: A Revolutionary Tool for Hope, Healing, Happiness in the 21st Century (Mixed media product)

By Marlise Karlin

Watkins Media, United Kingdom, 2012. Mixed media product. Condition: New. Language: English . Brand New Book. In this important and inspiring book, US-based educator, coach and workshop leader Marlise Karlin explains how we can all access profound levels of inner peace and personal transformation through the practice of her revolutionary method: The Simplicity of Stillness. This method combines the power of prayer together with the principles of meditation to provide a very powerful tool. You will learn how to achieve clarity, equanimity, wisdom and peace, even in the midst of daily stresses and anxieties, by connecting with the universal energy that surrounds us. By tuning into this force you will be able to live your life with courage, resilience, compassion and creativity. Marlise s method is both profound and practical and follows three key principles: Stillness Sessions - a new form of meditation developed from Marlise s extensive teaching experience and infused with the energy of peace The Three Breath Awareness - a reconnection tool for accessing this deep inner peace within moments Power of Peace Practices - these show you how to integrate your newly discovered inner peace into your daily life. The practices include contemplation and journaling, as...



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