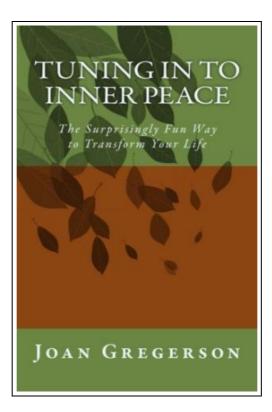
# Tuning in to Inner Peace: The Surprisingly Fun Way to Transform Your Life



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## Reviews

*An extremely wonderful publication with lucid and perfect reasons. It typically will not expense too much. You are going to like the way the blogger compose this publication. (Prof. Maya Hand)* 

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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 II 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 Party Pooper You Can Stop Inviting49 10 Addiction: Tenaciously Lying to Yourself57 11 Thinking Is Limited77 12 Meet Your Parasympathetic System85 13 Get Yourself Some New Friends92 14 Take No Offense107 15 Lose Your Labels117 16 Slap on the gratitude129 17 Immerse Yourself in Nature133 18 Express Yourself Creatively141 19 Meditation: A Powerful Change Agent149 20 Live Lightly, Live Deeply160 21 Practice, Practice, Practice165 22 Small Words that make a Big Difference171 23 A Powerful Alternative to Complaining182 24 Saving the World with Hello189 25 The Illusion of Hurt194 26 Being, then Doing, and Having200 27 Beauty is Inner Peace207...

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