



Swallow Irritation Before Irritation Swallows You

By J.P. Vaswani

Wisdom Tree, New Delhi, India. Softcover. Book Condition: New. Do you get irritated easily? Do you allow a little irritation to become a big issue that swallows you? When we think of irritation, we always associate it with petty issues and challenges. Have you ever asked yourself why do you take irritation so seriously? You allow it to overpower you, at times letting it spoil not just some precious moments, but your whole day, and even your relationships! This book shows us the way. It counsels us to take serious things lightly and light things seriously. Providing a clear and definite practical roadmap to be at peace with ourselves so that we can be at peace with the world around us, it takes us on a beautiful journey of mindfulness and joy. Printed Pages: 128.



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