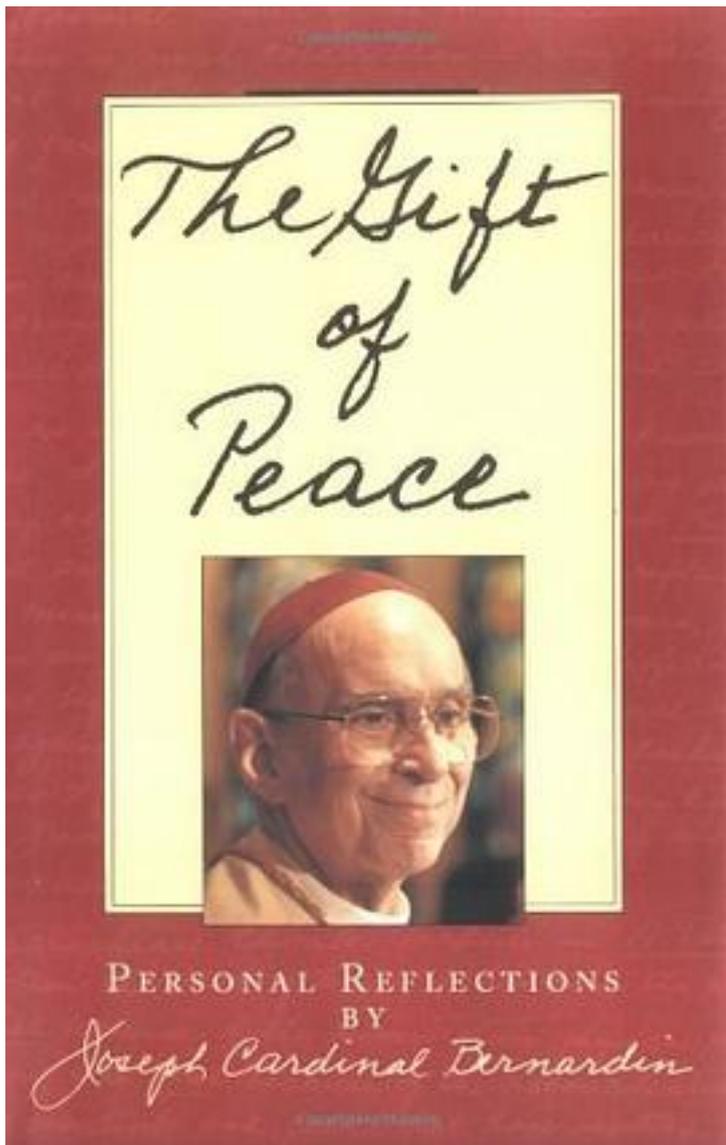


The Gift of Peace



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著者:Stein, Benjamin

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In ancient Hebrew prayers, the highest wish that any worshiper can offer to another is that the Almighty will give the worshiper "the greatest of all gifts--the gift of peace." Ben Stein's latest book, *The Gift of Peace*, comprises more than 500 lessons about how to live life in a state of peace. Drawing from wisdom learned in 12-step meetings and from his own meditations, Stein reveals the guideposts that have taken him (over the last 16 years) to a life incomparably more serene and uncomplicated than it once was. The lessons in *The Gift of Peace* are about surrender to God, turning envy around, realizing one's own unimportance in the universe, and achieving humility through actions as well as thoughts. Think of this book as a lifetime supply of non-addictive, no-side-effect tranquilizers and antidepressants and you have it just about right. Thorough, repeated readings of these homilies, especially upon waking and at bedtime, offer genuine calm and peace.

作者介绍:

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