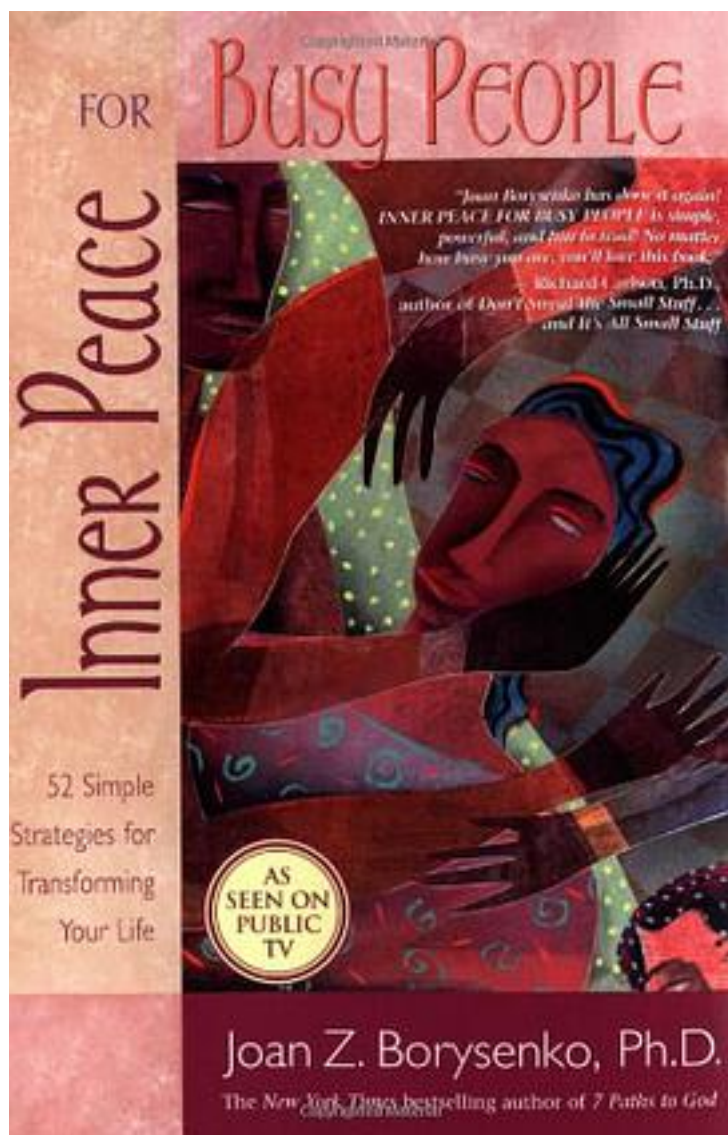


Inner Peace for Busy People



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著者:Borysenko, Joan Z.

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Inner Peace for Busy People consists of 52 weekly entries that are both inspirational and practical. Through story and science, spirituality and humour, readers are given simple skills to help them change their lives and attitudes to recover inner peace, one week at a time. Borysenko demonstrates that you don't have to be a monk to walk your life's journey with graciousness and joy. All that is required is to pay attention, choose wisely, and live with purpose and passion.

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