

# Serenity



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Serenity seems unattainable in the midst of everyday annoyances and downright impossible in the face of serious life challenges. But serenity is available to everyone, promises Karen Casey. In her newest book, the best-selling author helps readers unlock the secret to serenity. Through inspirational passages gleaned from A Life of My Own, Casey gently reminds readers to detach from worries based on matters beyond their control- worries that fuel resentment and bitterness. Serenity is possible, she assures, by accepting the things one cannot change and turning problems and worries over to a Higher Power. Always encouraging, sometimes challenging, never preachy, Serenity offers simple lessons for living with greater peace, hope, and trust. Colorful pages and fine print quality make Serenity a wonderful gift book.

作者介绍:

目录:

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