

# Serenity



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Most readers know that "happiness is within," but they don't always know how to access that happiness whenever they like, and in all circumstances. In Serenity, Jane Nelsen teaches readers four principles that will help them to stop being a slave to their thought system in order to access wisdom from the heart and from the soul. The chronic stress of modern life often interferes with enjoying the happiness that comes with peace of mind. Joy is needlessly missing from too many lives and from too many relationships. Serenity provides many tools to help readers discover innate feelings of joy, compassion, gratitude, wisdom, and love so they can live more fully every day.

作者介绍:

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