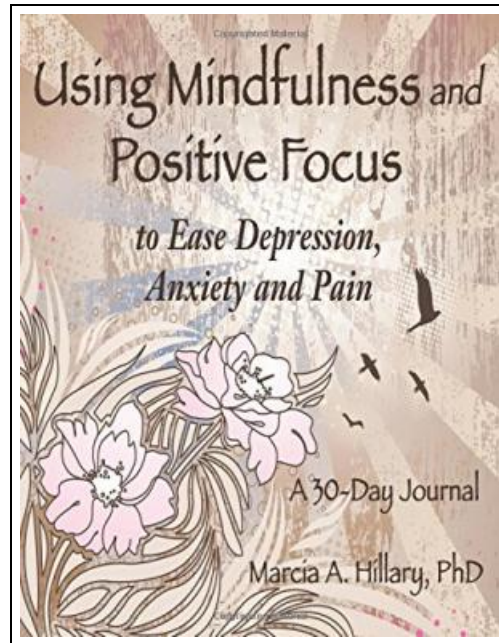


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Dog Ear Publishing, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you experience depression or negativity or pain or anxiety or stress, you know you re not experiencing inner peace. Diligently doing the exercises in this book and journaling your experiences about those exercises for just 30 days can transform your life and introduce you to inner peace more quickly than you might have imagined. Research has demonstrated the value of mindfulness-based practices for our physical and mental health. This book provides clear, do-able mindfulness-based exercises that can help you achieve inner peace regardless of your starting point. That awareness of inner peace, in all four components of who we are, offers us an inner sanctuary from our frenetic and sometimes painful experience of life. Negativity and physical, mental, or emotional pain lose their power when we experience inner peace. We approach ourselves and our lives in a fresh, mindful manner. Marcia A. Hillary, PhD is a psychologist and coach in California. She is grateful for training in mindfulness techniques from master facilitators, Jon Kabat-Zinn, PhD and Saki Santorelli, EdD. She is trained and certified in both guided imagery and clinical hypnosis. She is a member of several organizations, including the American Psychological Association, the American Society for Clinical Hypnosis, and the Institute of Noetic Sciences. She enjoys working with individuals, couples and groups. When she?s not in her office, she might be out walking, often with her dog.



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