



Strength in the Storm: Transform Stress, Live in Balance, and Find Peace of Mind

Ek Nath Easwaran

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Stress and anxiety affect many of us as we struggle with work pressures, money worries, strained relationships, and the nagging sense that life may be running out of our control. But in the midst of chaos we can find balance, peace, and even wisdom, Easwaran says, if we learn to steady our minds. It's a simple idea, but one that runs deep – a truly calm mind can weather any storm.

A highly respected teacher of meditation, Ekknath Easwaran offers a wealth of insights, real-life stories and practical suggestions to help us try something more successful next time we're facing our stressors. He explains how to use a mantram (or mantra) to quiet the mind. He describes how to slow down and stay in the present, improve creativity and concentration, shed anxieties and resentments, strengthen our relationships, and stay kind and strong when faced with conflicts, supporting those around us.

We learn to calm the mind through practice – there's no magic about it. We can't control what life throws at us, but we can learn to access the courage, patience, and compassion that we need to ride the waves of life minute-by-minute, day-by-day.

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The actual book Strength in the Storm: Transform Stress, Live in Balance, and Find Peace of Mind has a lot of knowledge on it. So when you make sure to read this book you can get a lot of advantage. The book was compiled by the very famous author. Mcdougal makes some research prior to write this book. This kind of book very easy to read you can obtain the point easily after reading this article book.

Sheila Walker:

Reading can called head hangout, why? Because when you find yourself reading a book specially book entitled Strength in the Storm: Transform Stress, Live in Balance, and Find Peace of Mind your thoughts will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely will become your mind friends. Imaging just about every word written in a book then become one form conclusion and explanation that will maybe you never get previous to. The Strength in the Storm: Transform Stress, Live in Balance, and Find Peace of Mind giving you a different experience more than blown away your mind but also giving you useful data for your better life in this particular era. So now let us explain to you the relaxing pattern here is your body and mind is going to be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

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