



The Tao of Inner Peace: A Guide to Inner

By Diane Dreher

Plume Books. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 7.9in. x 5.2in. x 0.9in. Translated more often than any other book except the Bible, the Tao Te Ching has been a spiritual guide for centuries, helping millions find peace within themselves, with each other, and with the natural world around them. Written in workbook style, complete with exercises, questionnaires, journal-keeping techniques, and affirmations, The Tao of Inner Peace translates the ancient Eastern philosophy into a plan for contemporary Western living. Diane Dreher, Ph. D., shows the way to: Bring greater joy, fulfillment, and creativity to daily life Heal the body and spirit Build self-acceptance and self-esteem Resolve conflict Reverse negative cycles of emotion Understand life as a process of changes and challenges With its lively, demystifying approach, The Tao of Inner Peace shows how the Tao can be a powerful source of growth, inspiration, and peace. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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This book will never be easy to start on reading but quite exciting to see. It is actually rally intriguing through looking at period of time. Your daily life span will be convert once you total looking over this book.

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