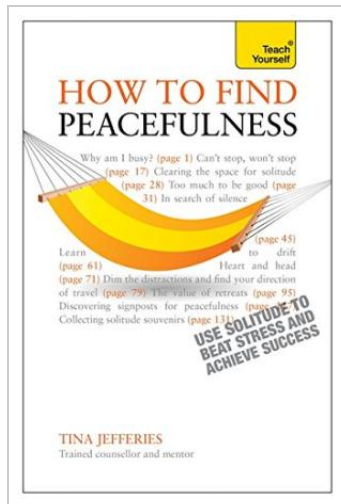




Peacefulness: Teach Yourself - the Secret of How to Use Solitude to Counter Stress and Breed Success

By Tina Jefferies

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Peacefulness: Teach Yourself - the Secret of How to Use Solitude to Counter Stress and Breed Success, Tina Jefferies, Do you find the constant stream of daily life (meetings, emails, phone calls, tasks) gets on top of you? Is it difficult for you to find peace and quiet? Do you worry about stress or burn-out? Are you concerned that the everyday is distracting you from what really matters? If any of these apply to you, then this is the book for you. For thousands of years, human beings have known that the discipline of solitude is the path to finding lasting peacefulness. From Moses and Jesus, to Bill Gates and Nelson Mandela, great people have relied on the power of taking time out. This practical book is full of timeless wisdom on how you can find solitude even in a world which demands your attention 24/7, and on how to use this 'time out' to recharge your batteries, reinvigorate your body, and refocus your life.



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