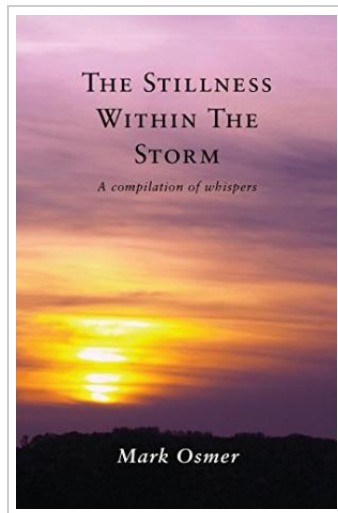



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By Mark Osmer

New Generation Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Stillness within the Storm is a unique compilation of two poetry collections; Warrior and Angel and Lands beyond the Sunset. The assembled poems stir the mind, light up the spirit, energises the body and touches the soul. Deeply personal observations on life s vibrant journey, the whispers are inspired by love and loss, hope and wonder, resilience through adversity, strength, emotional power and creating thoughts. A companion to spiritual, emotional and physical wellbeing, influenced by a strong affinity to Native American culture, philosophy and teachings through an awakening and deepening understanding of the oneness and connection with natural laws, and with all beings. This book is medicine for the soul. About the Author Mark Osmer, author of A lifelong Mindfulness Practitioner lives in County Antrim, Northern Ireland Finds solace questing, exploring and running in the Glens, through the woodlands and along its beaches.


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