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## The Practice

By Barb Schmidt

Health Communications. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 6.9in. x 5.0in. x 0.6in. The mind has a way of interfering with personal happiness, often causing stress and doubt. Getting in touch with ones inner source of peace and following its guidance over the minds often-unfounded concerns requires training and discipline. Knowing this truth intimately, Peaceful Mind Peaceful Life Founder Barb Schmidt developed a three-part spiritual discipline called The Practice. The Practice is a toolkit to be used throughout the day to guide people who are looking for confidence, less stress, and deeper meaning along lifes path. These tools are a compilation of the great Truths taught by authentic teachers and masters throughout the centuries from various religious and spiritual traditions. In the first three chapters of The Practice, readers are guided through the daily routine: Waking Up, Living Present, and Letting Go. Beginning with a morning meditation, a thread of peace is followed over the course of the day through the repetition of a sacred mantra, practicing focused attention, reading for inspiration, and reflecting on the day. In the concluding chapter, readers are provided with an opportunity to deepen their experience of The Practice with engaging exercises. This item...



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