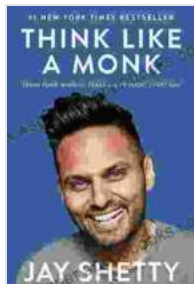


Train Your Mind For Peace And Purpose Every Day



Think Like a Monk: Train Your Mind for Peace and Purpose Every Day by Jay Shetty

★★★★☆ 4.8 out of 5

Language : English
File size : 9557 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 350 pages



Your Guide to a Fulfilling Life

Are you ready to transform your life? Train Your Mind For Peace And Purpose Every Day is the ultimate guide to unlocking your potential, finding inner peace, and living a life of purpose. Packed with practical exercises and inspiring insights, this book will help you overcome stress, anxiety, and negative thinking, and discover the true meaning of happiness.

In this book, you will learn:

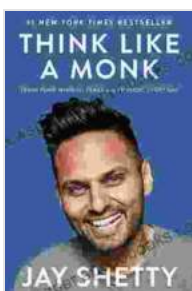
- How to calm your mind and find inner peace
- How to overcome stress and anxiety
- How to change your negative thoughts into positive ones

- How to identify your life purpose
- How to live a life of purpose and meaning

Train Your Mind For Peace And Purpose Every Day is more than just a book; it's a journey of self-discovery and transformation. With daily exercises and meditations, you will learn how to train your mind to focus on the present moment, let go of the past, and create a future filled with peace and purpose.

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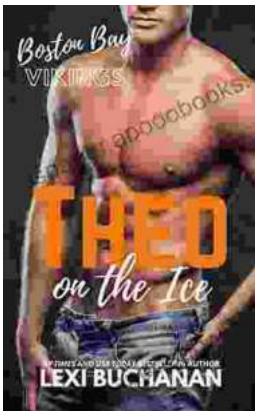
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