



Breath, Water, Light: Simple Tools for Creating Inner Peace (Paperback)

By Anna Ashe

Trafford Publishing, Canada, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Breath, water, and light are three core tools that can be used to create a sense of peace. And if enough people focus on promoting harmony within their own hearts and bodies, a peaceful world will be a natural result. This self-help book is for anyone who is sad, depressed, or lonely. It s also for anyone who feels empty or doesn t know what they are meant to do. Open a doorway to a richer and more meaningful life, and discover step-by-step exercises that help you realize your full potential. Along the way, you ll discover: How to empower yourself Ways to find happiness Methods to promote peace and kindness Tools that can help improve health Unconditional love And much more! You are the master of your life and your destiny. Take control of the reins of your inner life and enjoy the ride that leads to Breath, Water, Light.



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