



Finding the Quiet

Paul F. Wilson

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A powerful book to help you move from chaos into tranquility, from hecticness into peace, and from stress into joy-written by the man known as "the guru of calm."

The Quiet" is a place where you can't be touched by the noise and tensions of the modern world. A place where, no matter what's happening around you, you have time and space to breathe. Some people spend a lifetime of meditation practice and spiritual studies searching for it. The practices in *Finding the Quiet* are based on four simple steps that transform the way you feel and what you get out of life. Following these techniques can lead to:

- * peace of mind
- * clarity of thought
- * emotional stability
- * physical well-being

We are also including *A Piece of the Quiet*, which provides fast and easy highlights for when you need a quick moment of calm. Whether you are a novice at meditation or a lifetime practitioner, the strategies presented in *Finding the Quiet* are powerful tools to take you where you want to be.

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