

The Little Book Of Inner Peace (MBS Little Book Of)

More and more of us are suffering from the stresses and strains of modern life. Mindfulness is an increasingly popular discipline that can not only help alleviate the symptoms of stress, anxiety and depression brought on by the pressures of our daily existence but can actually bring calm, joy and happiness into our lives. In The Little Book of Mindfulness Tiddy Rowan, herself a practitioner for over 30 years, has gathered together a seminal collection of over 150 techniques, tips, exercises, advice and guided meditations that will enable people at every level to follow the breath, still the mind and relax the body, whilst generating and boosting a feeling of well-being and contentment that will permeate every aspect of everyday life. The perfect little gift to bring lasting happiness and peace for friends and family.

A fully illustrated guide to intentional living from leading author, coach and speaker, Carolyn Boyes. By living with intention we are actively shaping our lives, establishing how we wish to invest our energy and time on this Earth. Through the processes of self-enquiry, assessing our values, visioning and mindfulness we can ensure that our beliefs and actions are in alignment, discard those aspects of our lives that no longer serve us and manifest the existence we want. By using easy-to-follow tools, strategies and exercises, leading life coach and speaker, Carolyn Boyes, shows us how, in this fast-paced, demanding world, which is so full of distractions, we can move from living a busy life - one that we endure - to an intentional life - one that we have chosen.

A fully illustrated guide to finding inner peace each day, with simple practices for less angst and more calm.

This gem, the sequel to The Dalai Lama's Little Book of Inner Peace, contains the essence of the Dalai Lama's teachings on life and death. Think of this as the essential guide to both living and dying well from one of the most important spiritual teachers of the 20th and 21st centuries. Among the topics covered are:
• Contentment, Joy and Living Well
• Facing Death and Dying
• Dealing with Anger and Emotion
• Compassion—the Basis for Human Happiness
• Giving and Receiving
This charming packaged is designed for the busy person who is always on the go: a small format, flapped paperback that will easily fit in a purse, backpack, or briefcase.

The Dalai Lama's Little Book of Inner Peace

Finding tranquility in a troubled world

The Little Book of Meditation

Little Book of Japan

The Little Book of Intentional Living

The Little Book of Nature Blessings

His Holiness the Dalai Lama offers powerful, profound advice on how to live a peaceful and fulfilling life amidst all the conflicts of the modern world. In this distillation of his life and teachings, the Dalai Lama paints a compelling portrait of his early life, reflecting on the personal and political struggles that have helped to shape his understanding of our world. Offering his wisdom and experience to interpret the timeless teachings of the Buddha, the Dalai Lama's Little Book of Inner Peace is fresh and relevant to our troubled times. He explains in a simple and accessible way how each of us can influence those around us by living with integrity. And he holds out hope that, through personal transformation, we can all contribute to a better world. Replaces ISBN 9781571746092

Find health, wellness, comfort, and recovery with these 200 self-healing techniques designed to nourish the mind, body, and spirit. Self-healing helps you tune into the needs of your mind, body, and spirit. Self-healing helps you tune into the needs of your mind, body, and spirit. It is designed to provide daily comfort, wisdom, and spiritual nourishment. This is a collection of inspirational thoughts on life, death and rebirth, giving the reader an intimate personal portrait of the His Holiness the Dalai Lama in his own words. The book shows us how to embrace love and compassion in our everyday lives, including thoughts on a wide range of important subjects, including the world today, the different world views of faith, science and religion and the nature of life, death and rebirth.

Get Powerful Health and Nutritional Secrets

The Little Book of Calm

31 Days of Inner Visions and Spiritual Practices

A Little Book of Love

The Little Book of VSCO Girl Wisdom

The Dalai Lama's Little Book of Buddhism

A wonderful collection of inspirational thoughts on life, death and rebirth, giving the reader an intimate personal portrait of His Holiness the Dalai Lama in his own words. This ebook shows us how to embrace love and compassion in our everyday lives. With characteristic humour and a down-to-earth approach to the Buddhist path, the Dalai Lama offers us an inspirational way to transform our hearts and minds and create the happiness we seek. He shows us how our state of mind, in terms of our attitudes and emotions, plays a crucial role in shaping the way we experience happiness and suffering.

Anger is toxic to our mental and physical health, it increases stress levels, anxiety and the risk for illnesses such as heart disease. But we can choose to release this anger and toxic energy by harnessing the spiritual powers of forgiveness. True forgiveness is not about the feelings of others; it is actually about you. It's about freeing yourself from whatever has hurt you and not letting it weigh you down anymore. Forgiveness is a joyous gift that anyone can use, and empirical research has shown that when we are better at forgiveness we experience lower levels of depression and anxiety. With the simple practices contained within this Little Book, you can bring more inner peace to your life. The Little Book of Forgiveness is a beautifully illustrated guide filled with strategies and guidance on the art and power of forgiveness, using tools such as mindfulness, meditation, gratitude, creativity, relaxation and compassion to help you find true harmony with the world. CONTENTS INCLUDES: Chapter 1 - Acceptance Chapter 2 -

Empathy Chapter 3 - Acknowledgment Chapter 4 - Meaning Chapter 5 - Perspective and Gratitude

Teachings from the Buddhist tradition on opening the heart and deepening relationships, written with unusual clarity, simplicity, and warmth—for readers of any background. This short, practical, and inspiring book presents Buddhist wisdom on love, relationships, and finding true contentment in life. Love is far more than merely an emotion we feel toward our partners, families, and friends; it is a way of being awake in the world, of living beyond the ego. Moh Hardin offers key insights and practices from the Buddhist tradition for awakening, deepening, and expanding love in our lives, starting with ourselves, then moving outward to our partners and children, and ultimately reaching even strangers, perceived enemies, and all living beings.

Inspiration from the Goddess of Glam

The Little Book of Inner Peace

The Little Book of Self-Healing

Patience

The Little Book of Big Lies

The Little Book of Light

Embrace your inner VSCO girl with this illustrated book of good vibes, inspirational sayings, and words of wisdom. Have you been depleted of positive energy lately? Did someone recently vibe check you? Have you forgotten to always choose happy, or stay hydrated, or keep fighting to #SaveTheTurtles? If any of these things feel true for you, then you need this portable and adorable collection of VSCO girl-inspired sayings and words of wisdom. Whether it's a gift for yourself or your scrunchie-wearing, Hydro Flask-loving, metal straw-using friend, The Little Book of VSCO Girl Wisdom is an entertaining and uplifting source of positivity, affirmations, and advice that are sure to come in handy the next time you "and I oop!" Perfect to take on the go, this book is essential for staying chill and remembering to live life to the fullest.

Let the powerful mantras and inspirational quotes in this book reveal your inner strength and guide you to happiness every single day. This little book is packed with wisdom from writers, spiritual leaders, and philosophers, plus simple, easy-to-follow tips to help you think, feel, and act positively towards yourself and the world.

This stunning, colour-illustrated guide includes practices to help you let go of everyday stresses and find inner peace. With practical tools, strategies and exercises harnessing the benefits of mindfulness, meditation, gratitude, creativity, relaxation and compassion, this book will guide you towards your own inner peace and help you to find harmony with those around you: family, friends, your community and the world. CONTENTS Introduction 1. Grounded and Rooted 2. Relaxation 3. Equanimity 4. Acceptance 5. Gratitude 6. Compassion 7. Beyond Yourself Toward World Peace

If this little book is meant to stay into your life, you can trust that it wasn't by accident. This happy coincidence is a nudge from the Universe to remind you that you are awesome.Each chapter is filled with tiny bursts of insight to nourish your heart, warm your Soul, and help you to remember your true-self.If you find yourself asking big, deep life questions like, "What's my purpose?" and "Why am I here?" then you'll want to curl up with The Little Book of Big Knowing.Inside you'll be reminded-Why you are here-Who you are at your core-Why your dreams matter to more than just you.Can you feel the gentle tug on your heart to know more? It's time. Take a breath, and lean in.

Rumi's Little Book of Life

The Little Book of Attachment: Theory to Practice in Child Mental Health with Dyadic Developmental Psychotherapy

The Little Book for Big Transformations

A Little Book of Inner Strength

Tiny Burst of Insight to Wake Up Your Soul

The Book on Internal STRESS Release

Dive into an ancient art and timeless tradition with The Little Book of Meditations. This charming gift book is educational, teaching readers about the practice's fascinating history, the physical and mental benefits of meditation, and the practical ways engage in mindfulness. It's also inspirational, with plenty of stylized quotes from a wide array of thinkers to motivate readers to practice relaxation and reflection. And colorful, soothing illustrations and patterns nearly make flipping through the pages of The Little Book of Meditations a joy. This little book contains the core teaching on Buddhism by the Dalai Lama. It includes thought-provoking quotations about the importance of love and compassion, and the need for individual responsibility, fuses ancient wisdom with an awareness of the problems of everyday life. In addition to containing the essence of Buddhism, this book offers practical wisdom for daily life. The goal of this small gift book is to improve the reader's state of mind and to discover the deep peace that exists within. Here are pithy reflections on how to find refuge in Buddha, Dharma, and Sangha.

An inspiring and illuminating guide to true self care, from the sage teacher and breakout star of the critically acclaimed drama, Queen Sugar, from Executive Producers Oprah Winfrey and Ava DuVernay for OWN. Featured on Essence Magazine's Culture List In all your years of schooling, did you ever take a single class that explained how to navigate the hurt, drama, and fear that come with living? Tina Lifford sure didn't. She learned the hard way—through experience as both a Hollywood actress and as the founder of her own hard-won insights as well as those of her clients in this helpful and transformative guide. A blend of personal anecdotes and meaningful, practical—and most important, actionable—advice, The Little Book of Big Lies is the life skills class you need to nurture the inner you and move beyond the past. In fourteen raw, personal stories, Tina teaches you how to change your self-perception—to see yourself in the best possible light, to love and honor what you see, and to forge a new sense of what's possible. You can have it all: quick fix for fear and pain. Like physical fitness, building and maintaining emotional strength requires continued effort. This invaluable book is the foundation you need to start building inner health and well-being so you can thrive. Tina guides you on a journey of self-discovery that will help you turn shame into self-acceptance, self-rejection into self-love, blame into freedom, and old hurt into power. Wise and powerful, The Little Book of Big Lies will completely change how you think and live.

From the moment you drew your first breath, you were good enough. The Little Book of Good Enough will help you to quiet your inner critic, to ditch the doubt that has plagued you your whole life, and to reclaim your self-worth. It's time to set out on the path to the life you really want.

150+ Practices for Healing Your Mind, Body, and Soul

Simple practices for less angst, more calm

A Revolutionary 30-Day Program to Cleanse Your Mind, Lift Your Spirit and Replenish Your Soul

The Little Book of Meditations

The Garden of the Soul, the Heart, and the Spirit

10 minutes a day to more relaxation, energy and creativity

Another little magical book from D. J. Conway—only this one really swings.

From the bestselling author of *The Little Book of Mindfulness*, *Meditation is an easy way to bring more peace and tranquility into your life. Packed with practical advice, useful meditations and affirming thoughts, this little book teaches you how to be happier, healthier and more relaxed - without sitting for hours on a meditation cushion. Dr Patrizia Collard, bestselling author of *The Little Book of Mindfulness*, shows you another way, with these fun and creative exercises: "Just 5 to 10 minutes a day is enough to strengthen your immune system, relieve stress and clear your head. Whether you like mindfulness or movement meditations, or simple mantras, everyone will find a meditation to suit them."*

In *The Little Book for Big Transformation (2nd edition)*, Skip Jennings takes you on a 31-day journey of daily devotions, teachings and affirmations to help you develop a positive and loving mindset. When the daily principles of this book are applied you will develop a greater sense of spiritual and emotional health as well as feeling a deeper level of inner peace than ever before. This book is to be read again and again and will become your ultimate companion for both subtle shifts and great transformation.

A collection of 111 short, inspiring teachings on how to let your light shine regardless of what's going on in your life. Stressed out by life? Need a little extra comfort, inspiration, and love? Whether you've lost your way or are just having a bad day, *The Little Book of Light is the ideal pick-me-up, a reminder that love and joy are available in every moment. This elegantly packaged little gift book will inspire, uplift, and enlighten with digestible nuggets of inspiration. It appeals to people of all spiritual traditions and at various stages on their spiritual path without being religious. The Little Book of Life is bite-sized inspirational wisdom that will help illuminate your path, no matter how dark it may sometimes appear. It will help you stay connected with your true self, and find daily delight so you can shine.*

The Dalai Lama's Little Book of Wisdom

The Little Book of Gratitude

The Essential Life and Teachings

Tips, Techniques and Quotes to Help You Find Inner Peace

The Little Book of Spirituality

The Little Book of Letting Go

This stunning, color-illustrated guide includes practices to help you let go of everyday stresses and find inner peace. With practical tools, strategies and exercises harnessing the benefits of mindfulness, meditation, gratitude, creativity, relaxation and compassion, this book will guide you towards your own inner peace and help you to find harmony with those around you: family, friends, your community and the world. CONTENTS Introduction 1. Grounded and Rooted 2. Equanimity 3. Acceptance 4. Gratitude 5. Compassion 6. Something More 7. Towards World Peace References Acknowledgements

Connect to your inner self and the world around you with this uplifting pocket guide. Filled with inspiring quotes, insights into a wide range of philosophies and useful tips on how to practise spirituality in your everyday life, this little book will help you along your own spiritual journey and instil within you a sense of peace and happiness.

Modern life can often feel hectic, stressful and anxiety-inducing. Now more than ever it is harder to escape the sense of chaos in the world. Tiddy Rowan's timeless book is designed to help us find a sense of inner peace and greater harmony with the people we live near, our environment and the world. The Little Book of Peace is an anthology of musings, insights and stories on peace and how we attain it in life, drawing from the wisdom of philosophers, religious leaders, secular thinkers, writers, poets and artists. This beautifully designed book will inspire, soothe and uplift the soul.

With the combination of Coach Melvin's Dynamic Application of Internal Awareness(tm) (DAIA) Method, Dr. Totton's 100-day method to condition your body's neural pathways to establish a new habit which then becomes automatic, and with Dr. Painter's method of committed practice of LI Family Yixingong (Standing Meditation) to produce profound results at the neurological level, novices to advanced practitioners gain the ability to access your inner core, tapping into an area that can positively affect your overall well-being, prevent stress from taking hold, and give you perpetual mental-physical rejuvenation.

Quiet Your Inner Critic, Ditch the Doubt, and Own Your Worth

Little Brand Book

Little Book of Affirmations

A Journey into Inner Fitness

The Little Book of Big Knowing

The Little Book of Marilyn

Do you really know what makes you unique? And how to work it? Own it? Bring it? Well lucky for you, we do. And we have the playbook to show you exactly how to thrive in business, life, and relationships. Take the Brand Boss personality test to reveal your specific archetype and how this acumen applies to your life, your relationships, your career and your company. Are you a Catalyst, Coach or Crusader? Optimist or a Moo-er? Maven or Mastermind? Poet or a Prodigy? Just like there are 12 Astrological Signs, we share the 12 Personality Archetypes and then help you drill down to unlock yours. We'll also introduce you to female entrepreneurs who embody each particular archetype—an "InfluencerHER"-to personally share their kick-ass success stories and inspire you to unleash your talents, brains, and vision to confidently strike out on your own. Little Brand Book offers support, tools and lessons to help women succeed in business and to create abundance for yourself, your family, your company, your employees and your customers.

A lifestyle guide and tribute to the style, glamour, and showmanship of Hollywood's most iconic star, with Marilyn-inspired lessons and inspiration for today's woman. While the 1950s was in many ways an era of repression for women, Marilyn Monroe broke barriers and rebelled against convention -- and charmed the world with her beauty, talent, and irresistible personality. Filled with gorgeous photos, The Little Book of Marilyn will show you how to bring a touch of that glamour into your own life through: Tutorials on recreating the star's makeup looks Style advice and tips on where to find Marilyn-like fashions Décor ideas from Marilyn's own homes Everyday inspiration from her life that will let your inner Marilyn shine, and much more!

Gratitude is the simple, scientifically proven way to increase happiness and encourage greater joy, love, peace, and optimism into our lives. Through easy practices, such as keeping a daily gratitude journal, writing letters of thanks, and meditating on the good we have received, we can improve our health and wellbeing, enhance our relationships, encourage healthy sleep, and heighten feelings of connectedness. Easily accessible and available to everyone, the practice of gratitude will benefit every area of your life and generate a positive ripple effect. This beautiful book, written by Dr Robert A Emmons, Professor of Psychology at UC Davis, California, discusses the benefits of gratitude and teaches easy techniques to foster gratitude every day.

This compact travel pictorial and Japan travel guide is packed with cultural and historical information along with charming photographs. Japan is a country shrouded in mystery, even now in the 21st century. The myriad facets that, when put together, compose the whole of this nation are impossible to fully capture. But in The Little Book of Japan, the dynamic photographer-writer team of Gorazd Vilhar and Charlotte Anderson do an admirable job of creating a celebration in words and images that encapsulates what makes this country so extraordinary. Small and easily portable, The Little Book of Japan is organized in a series of 44 essays with photographs contained within four chapters: Cultural Icons, Traditions, Places and Spiritual Life. Under these four overarching ideals, Vilhar and Anderson explore a wide range of topics from Japanese cultural icons and traditions to Japan's spiritual life to its unique cities and villages. Broad enough to satisfy anyone with an interest in the culture, art, and beliefs of this unique island nation, yet comprehensive enough for the true Japanophile, The Little Book of Japan is a stunning collection of photographs and thoughtful essays. With everything from Cherry Blossoms to Sushi, Calligraphy to Kimonos, Old Tokyo to Hiroshima, to intimate details of Buddhism and Pilgrimages, this book is a beautiful and enjoyable way to learn more about the fascinating island nation of Japan.

The Zen Book of Life

The Dalai Lama's Little Book of Inner Peace

Manifest the life you want through the power of intention

The Little Book of Life After Death

How to Find Inner Calm in the Natural World

One Hundred Eleven Ways to Bring Light into Your Life

A fast classic fount of wisdom, this guidebook for life's biggest adventure—death! Gustav Theodor Fechner was a 19th-century physicist, psychologist, metaphysician, and musician, who applied his considerable intellect to examining the question of life after death. Does it exist? If so, what form might it take? First written and published in a time when traditional understanding of God and nature were undergoing a huge transformation, Fechner's reasonable, accessible, and groundbreaking book became a manual for living well and dying as part of life. Fechner explains that death is another form of birth. That just as you cannot remember the time in the womb and the painful birthing process, so too will you not remember death when you have gone through another birthing or awakening into the spirit world. In this third stage of life, the quality of life is determined by one's actions in the second stage. Right actions provide spirits with a way to better influence the living. False actions on this plane provide nothing and can be debilitating in the world to come. The Little Book of Life After Death was first published in this country with an introduction by William James, arguably the most insightful philosopher of the late 19th century, as well as a forerunner of modern psychology.

Nature helps us still the mind, feel connected, find calm and allows us to be more consciously present – these are simple things that many of us are searching for. In this little book, Theresa Dellbridge provides practices based on the elements, seasons; sun and moon that will help you to release the stress of everyday life. Many people in today's world feel ungrounded, adrift in an environment fraught with pressure but often devoid of meaning. Smart phones, social media and computers devour an increasing amount of our time, without offering true nourishment for the soul. Depression and a sensation of being lost are common, and people are turning in increasing numbers to nature for a sense of belonging, and to be calm. This book offers practices that if performed mindfully will help you to connect with nature. You will be introduced to the blessings of Sun, Moon, Animals and the Eight Seasonal festivals. Each chapter contains advice on how to draw close to nature with information, simple individual and group practices along with myth's and interesting facts to help you ground your practice. The Little Book of Nature Blessings encapsulates "everyday spirituality" requiring no set of beliefs, generating a feeling of self-awareness. Written in a user-friendly, entertaining and engaging manner with a simple message that will enable any reader to improve their life by connecting to the world around them.

A thirty-day program for achieving "spiritual purification" recommends letting go as the key to happiness and shows readers how to cast off the prejudices, preconceptions, and prejudgements that imprison them. Original. 40,000 first printing.

"Patience is the ornament of the brave," SriNath Easwaran's" recommends letting go as the key to happiness and shows readers how to cast off the prejudices, preconceptions, and prejudgements that imprison them. Original. 40,000 first printing. "Patience is the ornament of the brave," SriNath Easwaran's" recommends letting go as the key to happiness and shows readers how to cast off the prejudices, preconceptions, and prejudgements that imprison them. Original. 40,000 first printing. Stories offer quiet interludes throughout this little book. Anecdotes about animals, sports stars, and happy family outings make these short, varied readings as entertaining as they are instructive. Gentle reminiscences of India, tales from Easwaran's Hindu heritage, and inspiration from the world's saints lift the reader's spirits and give courage. Just keep trying, Easwaran says, and you'll find there's no end to your patience -- no end to the wisdom, love, and compassion in your heart. This book makes a thoughtful gift for anyone seeking a life that is kinder, more stable, and serene.

Little Book of Inner Peace

Buddhist Wisdom on Bringing Happiness to Ourselves and Our World

The Little Book of Good Enough

Wisdom from the Great Masters, Teachers, and Writers of All Time

The Dalai Lama's Little Book of Wisdom

The Zen Book of Life

*Little Book of Inner Peace*Simple practices for less angst, more calm*Giada From Madonna to Deepak Chopra, celebrities have been recording and embracing Rumi's poetry for the past two decades, creating a resurgence of interest in this 13th century Sufi mystic. Rumi's Little Book of Life is a beautiful collection of 196 poems by Rumi, previously unavailable in English. Translated by native Persian speakers, Maryam Mafi and Azima Melita Kolin, this collection will appeal to Rumi lovers everywhere. This collection of mystical poetry focuses on one of life's core elements: the gift of the inner life. During the course of life, each of us is engaged on an inner journey. Rumi's Little Book of Life is a guidebook for that journey. The poetry is a companion for those who consciously enter the inner world to explore the gardens within--out of the everyday "world of dust"--through an ascending hierarchy that restores one's soul to the heart; the heart of the spirit; and in finding spirit, transcending all.*

A practical guide to implementing the rich theory of attachment for treating mental health challenges in children. This book both explains and illustrates how the practice of child mental health professionals can be enhanced, whatever their treatment approach, to encourage engagement, resilience, and development in children with mental health problems. Alongside practical recommendations, Daniel Hughes and Ben Gurney-Smith use dialogue from clinical work to illustrate applications of these principles from Dyadic Developmental Psychotherapy as well as other attachment-based practices with parents and children. This "little book" will demystify how attachment theory—one of today's most in-demand approaches—can actually be brought into clinical work. Topics include regulating emotional states; repairing ongoing relationships; establishing an attachment-based therapeutic relationship; accepting a child's inner life; assessing the caregiver's need for safety, regulation, and reflection; the importance of nonverbal and verbal conversations in facilitating secure attachment; and strengthening the mind of the child.

The Little Book of Peace

The Little Book of Forgiveness

A Little Book of Pendulum Magic

The Little Book of Mindfulness