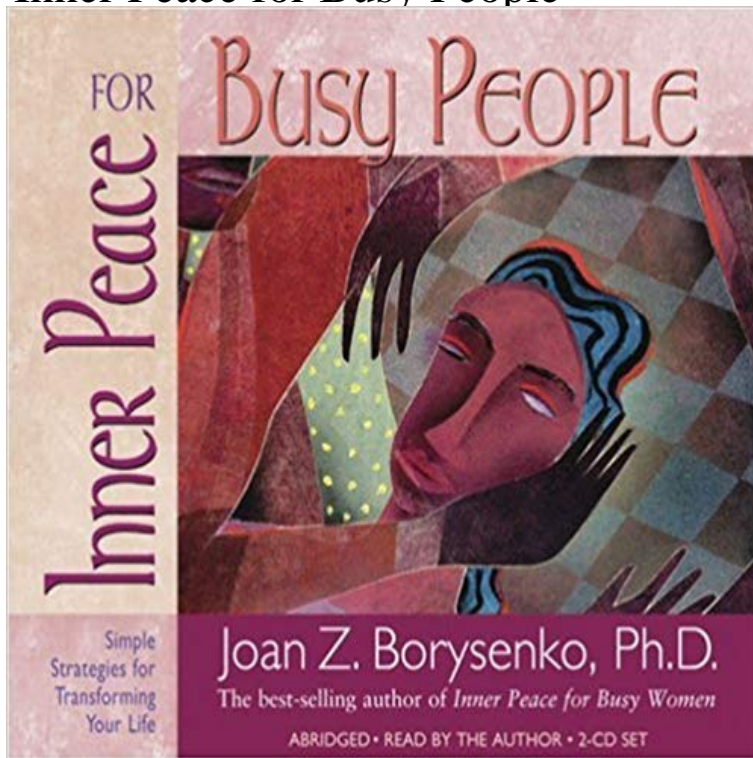


Inner Peace for Busy People



Inner Peace for Busy People, abridged from Joan Borysenko's best-selling book of the same name, is perfect for anyone who feels overwhelmed by the pressures of work, finances, children, and other modern-day stressors. Slaves to phones, beepers, e-mails, faxes, piles of snail mail, congested traffic, and pushy telemarketers who call during dinner, many of us are trying to cope with the demands of family, finances, and career. As a result, we often feel squeezed out of our own lives, unable to extend sufficient kindness and care to our loved ones. The bottom line: We have very little peace of mind. To help rectify this situation, Joan has created a wealth of inspirational yet practical information that will help you develop and maintain a sense of inner peace. Through stories encompassing spirituality, science, and humor, you'll be given easy-to-learn skills to help you change your attitude and regain a sense of balance and harmony!

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