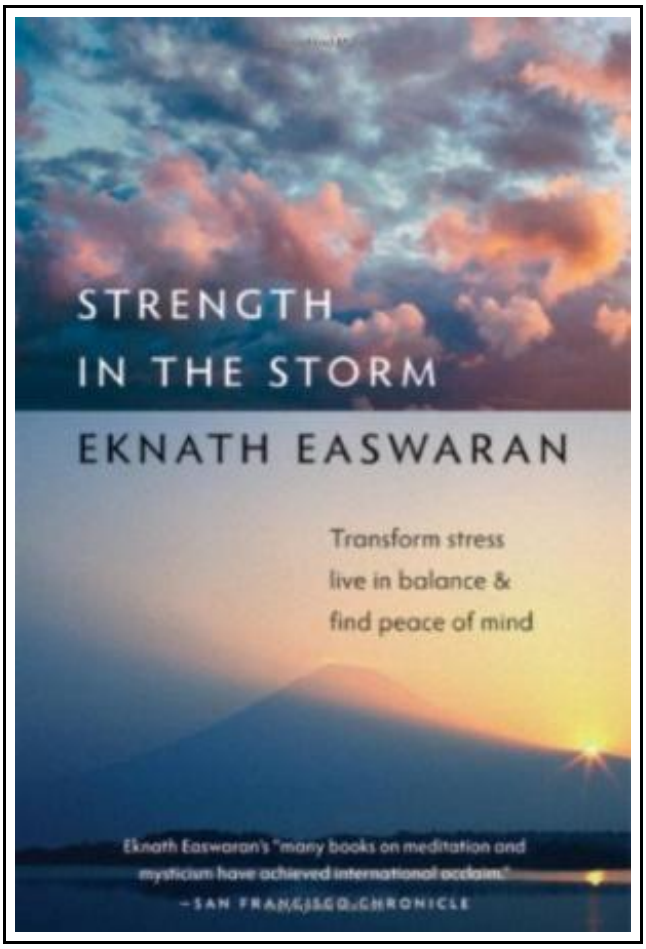
Strength in the Storm: Transform Stress, Live in Balance, and Find Peace of Mind



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Reviews

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STRENGTH IN THE STORM: TRANSFORM STRESS, LIVE IN BALANCE, AND FIND PEACE OF MIND

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Nilgiri Press. Paperback. Book Condition: new. BRAND NEW, Strength in the Storm: Transform Stress, Live in Balance, and Find Peace of Mind, Eknath Easwaran, Stress and anxiety affect many of us as we struggle with work pressures, money worries, strained relationships, and the nagging sense that life may be running out of our control. But in the midst of chaos we can find balance, peace, and even wisdom, Easwaran says, if we learn to steady our minds. It's a simple idea, but one that runs deep -- a truly calm mind can weather any storm. A highly respected teacher of meditation, Eknath Easwaran offers a wealth of insights, real-life stories and practical suggestions to help us try something more successful next time we're facing our stressors. He explains how to use a mantram (or mantra) to quiet the mind. He describes how to slow down and stay in the present, improve creativity and concentration, shed anxieties and resentments, strengthen our relationships, and stay kind and strong when faced with conflicts, supporting those around us. We learn to calm the mind through practice -- there's no magic about it. We can't control what life throws at us, but we can learn to access the courage, patience, and compassion that we need to ride the waves of life minute-by-minute, day-by-day.

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