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Seeking Inner Peace (Paperback)

By Dr. Alfred Nkut

AUTHORHOUSE, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Personal Fulfillment Inner peace is happiness of the spirit that results from an absence of anxiety within, it comes from an internal and natural source - the soul. Learn how to program your mind for joy in order to live a richer and more complete life of personal fulfillment. Dr. Nkut s experience and research working with people to cope with life challenges has become a blueprint for spiritual growth. Yet, like all things, one has to be motivated to move forward towards this goal. Having interviewed hundreds of people on strategies for dealing with difficulties in their lives, Nkut teaches the strategies you need to become a master artist for cultivating inner peace: generating positive emotions becoming mentally tough unleashing your brainpower developing a sense of purpose being free from toxic emotions filling yourself with passion developing a forgiving spirit cultivating a joyous feeling Dr. Nkut is a well-respected entrepreneur, philanthropist, and family physician in Ontario, Canada, and has inspired people to take control of their health so that they lead better lives. His organization, Equity Trust Finance, provides financial assistance and...



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Reviews

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