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~~Drawing from the wisdom traditions, mindfulness meditation, psychology, New Thought, and the author's own experience as a spiritual teacher and counselor, From Stress to Stillness offers many practices that will lead to greater peace and equanimity, even in a busy and stress-filled world.~~

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Most stress is created by how we think about things. From Stress to Stillness will help you to examine what you're thinking and change your relationship to your thoughts so that they no longer result in stress. Drawing from the wisdom traditions, mindfulness meditation, psychology, New Thought,...

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FROM STRESS TO STILLNESS. Tools for Inner Peace. Excerpt from Chapt by Gina Lake. THE STRESS CHANNEL. The Stress Channel is the ego's channel. When we're tuned in to the egoic mind and absorbed in our thoughts about ourselves and our life, we are tuned in to the ego.

~~First Chapter Preview: From Stress to Stillness by Gina ...~~

Stress is endemic in our society and the cause of relationship difficulties, physical illness, addictions, mistakes, inefficiency, lack of fulfillment, and unhappiness—all the result of being cut off from our Source, from our inherent peace and wisdom. Reducing stress is important today not only for our

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personal well-being but for the well-being of the planet, as what underlies the stress ...

~~From Stress to Stillness—Gina Lake~~

While most exercises reduce stress, Kundalini Yoga releases tension in our inner organs, nerves, and glands built up over time from holding the breath and muscles in our stress response pattern. Kundalini Yoga provides us with the tools to energize, balance, and strengthen our nervous and glandular systems so that we can respond to life with consciousness instead of reacting to life with anxiety, fear, and stress.

~~Part 1—Transitioning From Stress to Stillness—Stay ...~~

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From Stress to Stillness: Tools for Inner Peace by Gina Lake A Mindfulness-Based Stress Reduction Workbook (A New Harbinger Self-Help Workbook) by Bob Stahl Ph.D Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness by Jon Kabat-Zinn

~~16 Best Stress Management Books for 2020~~

Writer of the From Stress to Stillness: Tools for Inner Peace By GinaLake is very smart in delivering message through the book. There are some stories that are showed in the book. There are some...

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From Stress to Stillness: Tools for Inner Peace Paperback □ April 29 2013 by Gina Lake (Author) □ Visit Amazon's Gina Lake page. Find all the books, read about the author and more. search results for this author. Gina Lake (Author) 4.6 out of 5 stars 145 ratings.

~~From Stress to Stillness: Tools for Inner Peace: Lake ...~~

From stress to stillness was very helpful in identifying causes of stress in our daily lives and gives

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helpful tools to counter that stress. I recommend this book to everyone looking to free themselves from stress and bring stillness into their lives.

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