



The Strong Mind: The Art of Building the Inner Strength to Overcome Life s Difficulties (Paperback)

By Ryuho Okawa

Irh Press, Canada, 2018. Paperback. Condition: New. Language: English . Brand New Book. We all go through various kinds of experiences in life: some bring us joy and pleasures, while others bring us pain and suffering. During difficult times, we wish that life was easier and that we could go through life without any hardships or difficulties, misfortunes or tragedies. But in truth, no one can avoid adversities in life because this world is meant to be a training ground for our souls, says author Ryuho Okawa. We are born here so that we can learn lessons and achieve soul growth through various experiences. This book is not about gaining an instant success. Rather, it shows us how we can build a long-lasting foundation for our spiritual success, which we can achieve through making persistent efforts over a long period of time. When we build inner strengths this way, we can face any adversities while maintaining our calm and high aspirations. In this book, Ryuho Okawa shares his personal experiences as examples to show how we can build toughness of the heart, develop richness of the mind, and cultivate the power of perseverance. The strong mind is what we need...



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