

Finding Your Strength in Difficult Times: A Book of Meditations



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FINDING YOUR STRENGTH IN DIFFICULT TIMES: A BOOK OF MEDITATIONS



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Tata McGraw-Hill Education Pvt. Ltd., 2004. Softcover. Condition: New. First edition. I do not try to be accepted. I do not search for love. I want only to be me and am grateful for the gift of myself. The road of life is seldom a smooth one—it's dotted with potholes, treacherous turns, speed bumps, and numerous detours. While it's easy to lose your way traveling along such a road, you need not despair. This comforting, portable book will help you find your inner strength. The many meditations and affirmations collected in Finding Your Strength in Difficult Times will help you recognize and nurture your innate strengths and gifts. These practical insights and sensitive reflections will be welcome guideposts as you make your way through difficult times. Table of contents Chapter 1. Introduction Chapter 2. Being Happy Chapter 3. Be Your Own Person Chapter 4. Peace of Mind Chapter 5. Accept Yourself Chapter 6. What Other People Think Chapter 7. Please Yourself Chapter 8. Be a Little Selfish Chapter 9. Don't Wait for Love Chapter 10. Recognize When You Are Loved Chapter 11. Don't Be Manipulated Chapter 12. When Your Friends Succeed Chapter 13. Be a Friend Chapter 14. Find Something to Be Grateful For Chapter 15. Let Go Chapter 16. Be a Little Braver Chapter 17. Don't Pretend That You Are Perfect Chapter 18. Be Sincere Chapter 19. Do What You Want Chapter 20. Pay Your Own Way Chapter 21. Make Your Life Better Chapter 22. Stay Out of Debt Chapter 23. Forgive Chapter 24. Take Responsibility Chapter 25. When a Dark Memory Returns Chapter 26. Accept Your Death Chapter 27. Don't Be Lazy Chapter 28. Believe in Yourself Chapter 29. You Deserve Chapter 30. Celebrate Chapter 31. Don't Argue Chapter 32. Listen Chapter 33. Be Gracious Chapter 34. Take...



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