



# **INNER PEACE and Happiness: How To Find Inner Strength and Clear Your Mind (Inspired by Paul Chek, Zen Mind Book 1)**

*Jeremiah T. Robinson*

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# **INNER PEACE and Happiness: How To Find Inner Strength and Clear Your Mind (Inspired by Paul Chek, Zen Mind Book 1)**

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**INNER PEACE and Happiness: How To Find Inner Strength and Clear Your Mind (Inspired by Paul Chek, Zen Mind Book 1) Jeremiah T. Robinson**

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*Works of Paul Chek inspired me to write this book.* I hope to show readers there is a purpose to life, and that it is the lessons we are learning in our everyday lives that give our life this purpose. I also feel there is something happening to the planet at this time and we are privileged to be here. We are being guided and helped in many ways which have not previously been open to us. As more and more people take an interest in matters which are 'not of this world', the purposes of our true existence will come more into focus.

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- How To achieve Greatness with peace of mind
- Meditation and various Meditation Techniques
- Everything about your perception and beauty in our World
- How To Breath Properly
- About Essential Vitamins and Minerals and How to get them NATURALLY

- About Nutrition and how it affects Your mental health
- Why Healthy Fats are Essential
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And much more.....

**Paul Chek's books inspired me to write about this topic.**

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