



# **Finding Peace in Every Moment: The 8 Steps to Finding Peace, Calmness, and Stillness in a World of Chaos**

*Stephen Dallas*

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## **Finding Peace in Every Moment: The 8 Steps to Finding Peace, Calmness, and Stillness in a World of Chaos** Stephen Dallas

We live in a chaotic, noisy world- but what if you could train yourself to find calmness, peace, stillness, and understanding in every moment? Surely, if you were able to do that, you would be able to pursue every ambition, every motivation, and every thing you ever wanted. You would be able to live out every area of your life without fear- replacing fear with peace and understanding.

The purpose of this book is to teach you how to do that. How to live every moment in peace and perfect harmony, at your job, at your home, and in every situation that life could present to you.

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