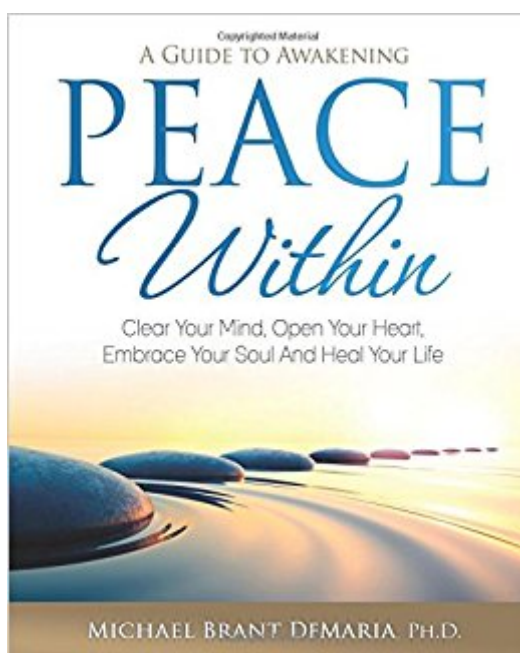


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Peace Within: Clear Your Mind, Open Your Heart, Embrace Your Soul And Heal Your Life



Synopsis

The #1 BESTSELLER and #1 NEW RELEASE (Psychology and Medicine & Work Life Balance) *Peace Within* is Dr. Michael DeMaria's 4th book and the distillation of his 35 years of helping guide others on their life journeys. This book is an accessible, practical, and highly engaging guide to awakening. Broken down into 10 modules Dr. DeMaria gives you the tools to create your own personal retreat in the comfort of your own home, that you can do at your own pace and in your own time.

Book Information

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Customer Reviews

"Peace Within is an essential and generous gift for humanity, arriving at a critical moment in the evolution of consciousness on Earth. This remarkable book will support and empower you to embody your true nature through the wise full-spectrum teachings. Here is a beautifully-designed instructional manual and map that will enable you to engage with the magic of your life - body, heart, mind, and soul - through the power of the breath, radical self-awareness, emotional mastery, and compassionate love. DeMaria's uplifting work, encourages you to take a life-changing adventure, inspired by, and spurred on, by his own courageous and transformational personal stories. Prepare to wake-up to the startling simplicity of your own inner life in ways you never imagined possible." -Chloe Goodchild, Voice Pioneer, Author, *The Naked Voice - Transform your Life through the Power of Sound*"In *Peace Within*, Dr. Michael DeMaria offers a manual that can guide the reader toward the elusive peace and equanimity we all seek...Grounded in ancient and contemporary wisdom, DeMaria posits that we can find peace within wherever we are - peace within

life, peace within relationships, peace within illness, and even peace within death. He offers clear and detailed practices to get us moving toward a more joyful and meaningful life. He does this with honesty, courage, and wisdom." -Allan Lokos, founder and Guiding Teacher, Community Meditation Center in NYC; Author of Pocket Peace, Patience, and Through the Flames

"Michael DeMaria is the best kind of teacher. His wisdom (and it is profound) comes directly from what he has suffered and learned himself, and his teaching is at once far-reaching, direct, and compassionate. With exercises that build on one another to inform every aspect of an individual's life, this book is an important guide to personal transformation." -Trebbe Johnson, author of The World Is a Waiting Lover

"In our chaotic and frightening world, finding peace and joy in our everyday lives seems increasingly out of reach. Yet, Dr. Michael DeMaria, through his incredible journey of spirit and life, has gifted us with this wonderful manual for finding the keys to Peace Within. The Māori koru is a perfect symbol for this work, representing the dynamic spiral of life unfurling, ever changing, yet maintaining the core of peace at its center. In his new book, Dr. DeMaria has shared deeply of his own personal journey, while delivering a practical set of modules for bringing us back to what is real: our own individual journeys to the spiral's center." -Martha Sarasua, M.D., Ph.D., Psychiatrist, Consciousness Researcher & Author Healer's Journey

"Dr. Michael DeMaria has assembled a unique and powerful workbook to help us find peace and healing. He skillfully integrates practices he has developed over decades as a superior therapist, meditation teacher, yoga instructor, wilderness guide, and musician. With this wonderful manual one discovers ways to improve the health, effectiveness, and pleasure of body, mind, heart, self, soul, and relationships with others and the world." -William Mikulas, Ph.D.; Professor Emeritus; author of The Way Beyond and Taming the Drunken Monkey

Peace Within is the distillation of my 33 years of work as an integrative psychologist helping others on their life journeys. In writing it, I asked myself what do I tell people over and over again, what are the main themes that are central to finding inner peace in life, relationships and even death. This book is part confession and part workbook as I give you the tools and practices that helped me go from one of the darkest times in my own life to slowly recovering my soul, healing my heart and finding my way back towards a healthy, happier and more integrated inner peace that was not dependent on external circumstances. I have poured my heart and soul into it, and there have been blood, sweat and tears during the living and writing of it. I'm thrilled to see it finally finding its way out into the world and hope you will find it of value. Wishing you many blessings on your own journey of healing, health and wholeness!

Michael's calm voice is captured in his writing. There is a sensation of relaxation and peace from reading his words alone. Couple that with the calming exercises and meditations and you truly are on a path of finding Peace Within. It's a great tool to use on one's self and, since I am a life coach, with clients. He reveals his struggles and what he learned to deal with them, which is applicable for all of us. I highly recommend Michael's book!

Absolutely Excellent!!!

Great information, beautifully organized and a wonderful book. Thank you so much!

GREAT BOOK, LOVE THE MESSAGE AND THINKINGM DEMARIA EXPLAINS THINGS SO WELL.

Brilliant read.

Good read.

A Must read!

If you are seeking to cultivate inner peace, connect with your soul, and develop practices for transformation, then look no further, this is the book for you! That is what I experienced working the "Peace Within" guide book. This book is by far the best resource for soul work. It is filled with knowledge, personal experiences, and practical exercises such as meditations, breath work, journaling, etc. that will take you on a healing journey to wholeness and well being. The heart emerges as healer, awakens the soul--and love heals. It made a huge difference in my life and was an answer to a prayer. I am so grateful to Michael for sharing his experiences, wisdom and heart with us. He is without a doubt the "Peace Guru".

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