



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

*Jeremiah T. Robinson*

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**This short book will teach you on How to find Inner Peace and Mindfulness!**

*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.

**In this book You'll learn...**

- How Feel Love towards self and the others
- How to let go of Your limiting beliefs
- 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
- About Lifestyle changes and my people have dysfunctional lifestyle
- Meditation and alone time
- Importance of Hydration And much more.....

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

tags: mindfulness solution, zen mind, zen, mindfulness, limiting beliefs, inner peace, health and spirituality, paul chek, new age beliefs, new age mindset, happiness and prosperity

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