



# Peace of Mind: Daily Meditations for Easing Stress

*Amy E. Dean*

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## **Peace of Mind: Daily Meditations for Easing Stress** Amy E. Dean

When facing demands at work, dealing with emotional situations at home, or struggling with a relationship, stressful thoughts and feelings can be overwhelming and may cause stress-related physical or emotional problems. This meditational will help readers identify the source of their stress and will offer techniques to reduce the unhealthy tension, anger, frustration, negativity, or fear the result. Topics include the pressure to achieve, the impact of the past, setting goals, identifying burnout, raising healthy children, coping with death, dealing with finances, and managing time. These supportive meditations--each with an inspirational quote, reflective essay, and positive affirmation--will help the reader tap into the calm, positive person within them to achieve relaxation, improved health, and self-satisfaction.

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