



## Serenity: 30 Days to Rebalance Mind-Body-Spirit

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By E.D. Johnson

AUTHORHOUSE, United States, 2009. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.When Serenity is found in the middle of war torn Afghanistan, then there is certainly hope for the rest of us. Author, E. D. Johnson discovered the key to serenity amidst people living in the bombed out streets of Afghanistan. Amidst suicide bombers and hulls of burned out military vehicles, Johnson turned to Reinhold Niebuhr s world-famous Serenity Prayer to find truly practical and soulful tranquility. This book serves as a guide to developing a life of personal peace regardless of one s swirling circumstances. Utilizing each line of the Serenity Prayer, Johnson inspires readers to embrace the practice of daily meditation and thereby achieve the Acceptance, Courage and Wisdom that lead to serene living.



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