



# **28 Strategies to Experience Peace and Love in Your Life: A daily journey in seeing the love and joy you have today!**

*Jerry Banfield*

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# 28 Strategies to Experience Peace and Love in Your Life: A daily journey in seeing the love and joy you have today!

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You can use this book for 28 days of inspirational and motivational meditations focusing on emotional health and practicing the art of mindfulness by living in the now! In my life, I work on these things each day and share my journey for four weeks with you to give you practical tips and confidence in walking your own path. The titles of the 28 chapters of the book will show you exactly what you can hope to find in it! Day 1: How To Find Love For The Creator Of Life. Day 2: Forget Leveling Up: How To Enjoy The Present Moment. Day 3: Revealing The Answers To Life's Big Questions. Day 4: How To Get Rid Of Shame And Guilt. Day 5: Do You Pray To Do A Good Job? You Should. Day 6: How To Have Negative Thoughts & Choose Positive Actions. Day 7: Being The Best You By Being Present In Life. Day 8: Stop Procrastination: How To Go From Distress To Done. Day 9: How To Understand Your Why And Live With Purpose. Day 10: Understanding Yourself And Being Yourself This Moment. Day 11: How Can I love The Most People Every Day Of My Life? Day 12: Are You Giving Back To Others? You Should. Day 13: Feeling Down? How To Change Your Mood Around. Day 14: Time To Take Action: Tips For Continuous Self Improvement. Day 15: The Art Of Mindfulness: Simple Guide To Appreciating Now. Day 16: The Hidden Benefits Of A Stronger Relationship With God. Day 17: Is It Time To Make A Career Change For Happiness? Day 18: How To Listen With Intent To Understand. Day 19: Are You Having Trouble Reaching Spiritual Enlightenment? Day 20: How To Achieve Mindfulness In Intimate Relationships. Day 21: The #1 Secret To Finding Happiness Every Day. Day 22: How To Find A Boyfriend Or Girlfriend This Year! Day 23: Are You Daydreaming? How To Appreciate This Moment. Day 24: How My Dad Saved My Life, Dealing With His Death, And AA. Day 25: Frustrated? What To Do To Live In The Moment. Day 26: How To Beat Pain And Frustration Today! Day 27: Using Understanding To Make More Friends Than Enemies. Day 28: Don't Worry About Leaving A Legacy After Death.

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