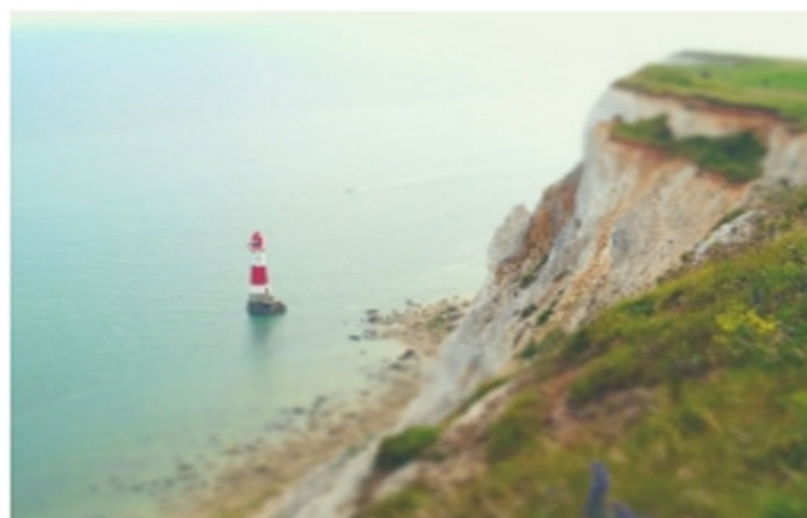
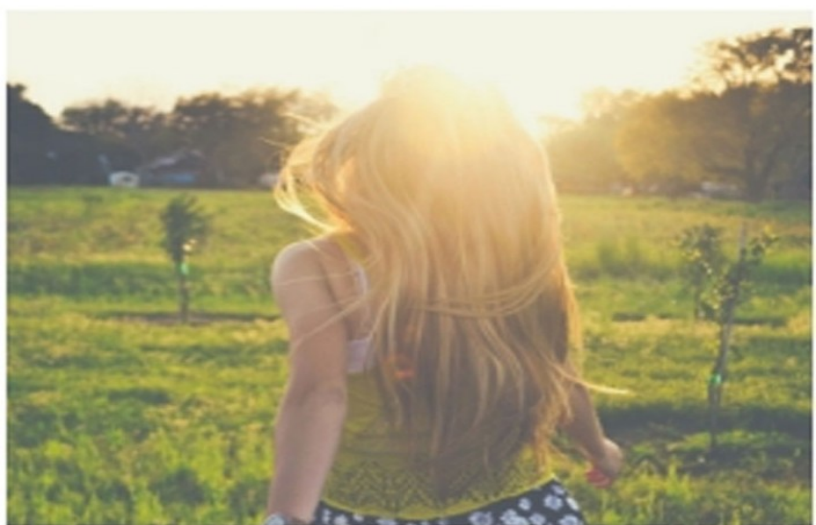
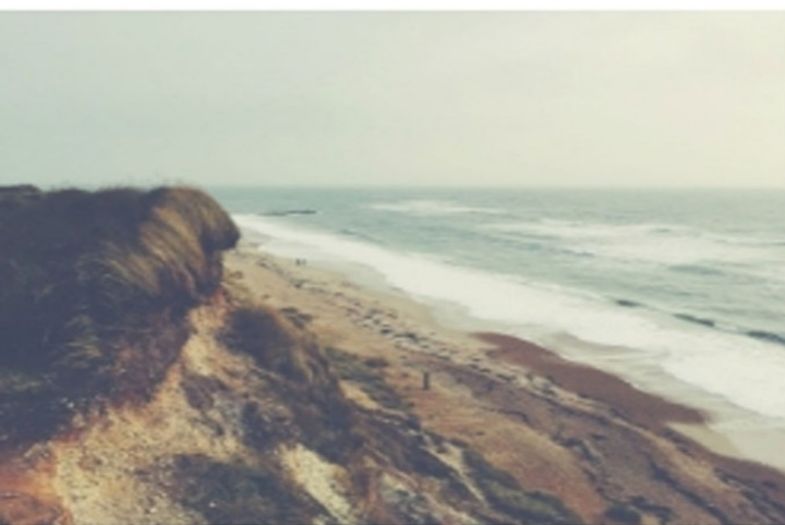


YOUR PERSONAL GUIDE FOR  
WAYS TO ACHIEVE INNER PEACE



# CALMNESS FOR BEGINNERS

STEP BY STEP TO FIND INNER BALANCE  
THROUGH RELAXATION AND HABITS



MADELEINE WILSON

# **Calmness For Beginners, Step By Step To Find Inner Balance Through Relaxation And Habits: Your Personal Guide For Ways To Achieve Inner Peace**

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# **Calmness: Find inner balance through relaxation and habits**

Maintaining inner balance is not always easy and yet so desirable. Because who wouldn't want a deeply relaxed inner posture, even if the milk flocculates in the morning, the track is once again overcrowded and the to-do list becomes longer and longer instead of shorter. You cannot change these external stress factors directly through inner balance, because some situations or circumstances cannot be changed for the better overnight. But you can change your attitude towards these factors and still make a big change in your everyday life possible.

Imagine what it would be like if the meter-long queue at the checkout didn't put you under pure stress anymore or if the next traffic jam didn't let the adrenaline rise in you? Inner balance is not about suppressing negative emotions about these events - that would be highly unhealthy - but rather about changing the way they are evaluated. In the future you will no longer sit behind the wheel in a traffic jam, angry and scolding, but use this opportunity to listen to the radio play you have started, to call your sister or to sing along loudly to your favourite songs.

Of course, there are many other ways to express inner balance. The closer we are to ourselves, i.e. more attentive to our needs and less guided by the outside world, the more relaxation we can experience. That includes "no." To learn to say, to re-evaluate circumstances and to find out what you really want regardless of external influences. In this book you will learn how inner balance in everyday life can look like and how you can find your centre! I hope you enjoy reading, learning and trying it out!