

Good Thoughts for a Good Life (Paperback)

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Reviews

The most effective ebook i possibly read. it was actually writtern quite completely and useful. I am just very happy to tell you that here is the best publication we have read through during my individual daily life and could be he greatest publication for possibly. *(Kennith Nicolas)*

GOOD THOUGHTS FOR A GOOD LIFE (PAPERBACK)



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Balboa Press Australia, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. With the goal of enhancing one s inner wisdom, author Shalini Kumburegedara offers Good Thoughts for a Good Life, a collection of loving insights to help you explore and enrich your mind and soul to change your life for the better. Kumburegedara believes that looking after the mind and leading a spiritual life is of utmost importance. She discusses a range of topics to help you learn to balance your spiritual and materialistic sides, including: being loving and kind; having compassion, wisdom, and joy; understanding that mistakes are lessons of wisdom; living by example; being yourself and loving yourself; happiness; having a pure heart and good virtues; practicing mindfulness; staying positive; and more. Delivering a positive, feel-good message, Good Thoughts for a Good Life offers simple and practical tips to apply in everyday living to let the joy flow naturally. It provides the stepping stones to rise about the stumbling blocks.

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