

FINDING TRANQUILITY DURING DIFFICULT TIMES

Therease Alamo

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Have you ever - even for one second in your life - thought about finding tranquility or a moment to do nothing, think of nothing and simply just be.

can be difficult, but the recipe for peace and tranquillity is really at our A lot of people say, 'I need time to find myself, to work out who I am.

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Your mind may encounter troubles, and yet you are not those troubles. Break Up or Make Up?

ChiamailibrisceglieKoboeinMondadori.Lessofachangeoccurredwhenabes Andy Stone. Boy I must be getting ready to win the lottery or something because I am getting plummeted! Hardships make you grateful for the things you already have or, at the very least, allow you to recognize what you had all . AndrewC.Community Reviews.