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A New Day: 365 Meditations for Personal and Spiritual Growth

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A New Day: 365 Meditations for Personal and Spiritual Growth Anonymus
"Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us."--Samuel Smiles.

In 365 daily meditations, here is spiritual and psychological guidance through the interior struggles we face every day. Drawn from the author's own personal growth over the last decade, each page of *A New Day* addresses a specific struggle--overcoming fear, compulsion, obsessive love, addiction--and offers practical advice that will set you on the path to self-improvement. In each daily meditation the author uses a quote from a wide range of inspirational sources--from Kahil Gibran and Thomas Merton to Emily Dickinson and Erich From-m-to crystallize insights for the reader. Thoughts for a new day.

On self-confidence: "Never bend you head, always hold it high. Look the world straight in the face."--Helen Keller.

On peace of mind: "When we are unable to find tranquillity within ourselves it is useless to seek it elsewhere."--Duc de La Rochefoucauld.

On adversity: "Adversity introduces a man to himself."--Anonymous.

"Live each day as if your life had just begun."--Goethe.

For anyone who seeks a healthier, more satisfying life, here is a book of invaluable wisdom that will help you rediscover your life day by day.

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