



# Serenity of the Mind: The Process of Self Mastery

*Renee D Cefalu*

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# Serenity of the Mind: The Process of Self Mastery

*Renee D Cefalu*

## **Serenity of the Mind: The Process of Self Mastery** Renee D Cefalu

Find your innate hidden truth without the conditioned influence of family, society, culture, religion, politics or any other structure that forces a belief system out of line with your inner knowingness. Through the process of self-observation, self-discovery and questioning the world around you, you will learn how to:

- Control your thinking, emotions and behaviors
- Maneuver life circumstances with less difficulty
- Feel more purpose and self-worth
- Find flexibility for adapting to challenges and stresses
- Have more clarity, acceptance, and inner contentment
- Be more loving of yourself and others
- Improve your health and overall well being

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