



Find a Quiet Corner: Inner Peace: Anytime, Anywhere

Nancy O'Hara

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Find a Quiet Corner: Inner Peace: Anytime, Anywhere Nancy O'Hara

Available for the first time in a single volume, this new edition features two of Nancy O'Hara's bestselling books, revised and updated with a new introduction by the author.

Going beyond daily meditation, *Find a Quiet Corner* teaches us effective ways to release stress, boost energy, tap into creativity, improve our well-being, and above all, achieve spiritual fulfillment. Readers will benefit from its lessons on how to increase self-awareness and personal satisfaction through careful attention to breath. *Serenity in Motion* makes the perfect companion book, guiding us to look at conflict differently, communicate more effectively, and embrace confusion so as to invite serenity into our lives and banish anxiety. O'Hara's comforting words help us to meet each moment as it comes.

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