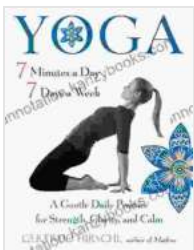


Gentle Daily Practice For Strength, Clarity, And Calm

In today's fast-paced world, it's easy to get caught up in the hustle and bustle and forget to take care of our inner selves. This book offers a gentle daily practice to help you cultivate strength, clarity, and calm. It includes exercises, meditations, and reflections to help you connect with your inner wisdom and live a more fulfilling life.



Yoga 7 Minutes a Day, 7 Days a Week: A Gentle Daily Practice for Strength, Clarity, and Calm by Gertrud Hirschi

★★★★☆ 4.4 out of 5

Language : English
File size : 4003 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 162 pages
Lending : Enabled



Who is this book for?

This book is for anyone who is looking to cultivate more strength, clarity, and calm in their lives. It is especially helpful for people who are feeling stressed, overwhelmed, or anxious. It is also a great resource for people who are looking to deepen their spiritual practice.

What you will learn in this book

In this book, you will learn:

- How to connect with your inner wisdom
- How to cultivate strength, clarity, and calm in your life
- How to live a more mindful and fulfilling life

What others are saying about this book

"This book is a gentle and powerful guide to help you cultivate strength, clarity, and calm in your life. I highly recommend it to anyone who is looking to live a more mindful and fulfilling life." -Tara Brach, author of Radical Acceptance

"This book is a beautiful and inspiring resource for anyone who is looking to deepen their spiritual practice. It offers a gentle daily practice to help you connect with your inner wisdom and live a more fulfilling life." -Jack Kornfield, author of A Path With Heart

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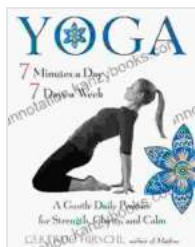
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About the author

The author of Gentle Daily Practice For Strength, Clarity, And Calm is a meditation teacher and author who has been teaching for over 20 years. She has written several books on meditation and mindfulness, including the bestselling book Mindfulness For Beginners.

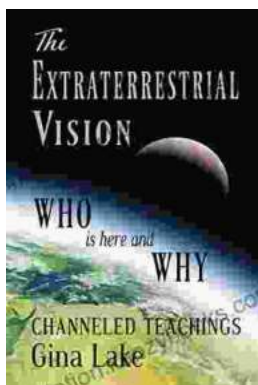
The author's books have been translated into over 20 languages and have sold over 1 million copies worldwide. She has also been featured in numerous magazines and newspapers, including The New York Times, The Washington Post, and The Wall Street Journal.



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