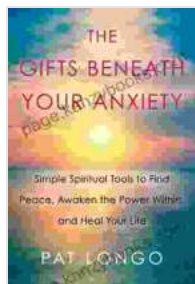


The Essential Guide to Inner Peace for Sensitive People



The Gifts Beneath Your Anxiety: A Guide to Finding Inner Peace for Sensitive People by Pat Longo

★★★★☆ 4.7 out of 5

Language : English
File size : 959 KB
Text-to-Speech : Enabled
Screen Reader : Supported
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Word Wise : Enabled
Print length : 258 pages
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Are you a sensitive person who feels overwhelmed by the world around you? Do you often feel like you're too sensitive for this world? If so, this book is for you.

The Essential Guide to Inner Peace for Sensitive People offers practical strategies and exercises to help you overcome the challenges of being sensitive, such as overstimulation, emotional reactivity, and perfectionism. You'll also learn how to develop self-care and self-compassion practices that will help you create a more peaceful and fulfilling life.

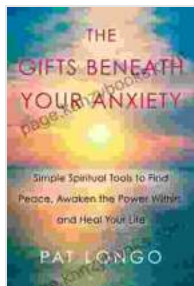
In this book, you will learn:

- What it means to be a sensitive person and how to embrace your sensitivity as a strength.
- How to understand and manage overstimulation, emotional reactivity, and perfectionism.
- Practical strategies for coping with anxiety, stress, and burnout.
- How to develop self-care and self-compassion practices that will help you create a more peaceful and fulfilling life.

If you're ready to find inner peace and embrace your sensitivity, this book is for you.

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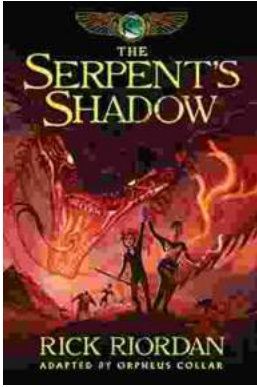


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