



The Serenity Solution: How to Use Quiet Contemplation to Solve Life's Problems

Keith Park

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Harness a Calm Focus to Create the Life You Want

Gain a greater awareness of self, learn how to solve problems, and achieve the life conditions you desire. Showing you how to employ calm focus—an alert, relaxed, optimal state of mind—*The Serenity Solution* helps you face difficulties with ease.

This clear and effective guide utilizes the strategies that great thinkers, meditators, and problem solvers have worked with for centuries. Discover a variety of easy-to-follow concepts, simple illustrations, and step-by-step exercises to develop insight and concentration. Do away with your negative outlook, and bring better health and relationships into your life.

Praise:

“This book provides readers with an excellent and gentle entryway into a life of greater inner awareness.”—Amy L. Lansky, PhD, author of *Active Consciousness*

“[*The Serenity Solution*] teaches how to have a calm mind for observing, evaluating, and solving problems one encounters in daily living.”—Neil W. Crenshaw, PhD, author of *You Can Develop Pure Awareness*

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From reader reviews:

Sandra Murray:

This The Serenity Solution: How to Use Quiet Contemplation to Solve Life's Problems book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is actually information inside this book incredible fresh, you will get information which is getting deeper a person read a lot of information you will get. That The Serenity Solution: How to Use Quiet Contemplation to Solve Life's Problems without we realize teach the one who examining it become critical in considering and analyzing. Don't become worry The Serenity Solution: How to Use Quiet Contemplation to Solve Life's Problems can bring whenever you are and not make your bag space or bookshelves' grow to be full because you can have it with your lovely laptop even phone. This The Serenity Solution: How to Use Quiet Contemplation to Solve Life's Problems having great arrangement in word along with layout, so you will not really feel uninterested in reading.

Stephen Louis:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their leisure time with their family, or all their friends. Usually they undertaking activity like watching television, likely to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? May be reading a book can be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the e-book untitled The Serenity Solution: How to Use Quiet Contemplation to Solve Life's Problems can be great book to read. May be it could be best activity to you.

Barbara Fontenot:

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