

Synopsis for *Peace, Power and YOU*

2-line Summary:

Peace, Power and YOU is a spiritual ABC packed with tips and anecdotes to help overcome stress, anxiety, depression and pain.

Short Synopsis:

De Seriere wrote the spiritually based Peace, Power and YOU in an easy to read ABC format to keep it light and fun. It's packed with tips and anecdotes to help overcome anger, anxiety and depression, conquer stress, tension and fear, and to triumph over pain.

Medium Synopsis:

De Seriere wrote the spiritually based Peace, Power and YOU in an easy to read ABC format to keep it simple, light and fun. It's packed with tips and anecdotes to help overcome anger, anxiety and depression, conquer stress, tension and fear, and to triumph over pain.

Take control with this treasure map of self love and self care. *Peace, Power and You* shares practical tools, simple concepts and achievable exercises. It's a spiritual ABC that's authentic, aware and powerful.

Written by the Author of *Will to Wonder: principles on the loss & discovery of power*.

Long Synopsis:

STRESSED OUT? Feeling anxious, angry or depressed? Emotional turmoil has a way of spinning us out of control while destroying our clarity, confidence and self esteem. In a fast-paced, image-driven world, there must be a better way.

Anxiety, depression, chronic pain are silently reaching pandemic proportion, but this is *not* our natural state. Regularly feeling tired or wired, stressed or depressed, is not 'normal'. Every day, millions live in physical or mental pain and quiet desperation. It's time to STOP... and BREATHE...

Peace, Power and YOU shows you the way for living beyond daily stresses, to enjoy a life of happiness and success.

OVERCOME anger, anxiety, depression

CONQUER stress, tension, fear... And the 'impostor syndrome'

TRIUMPH over PAIN - with peace, power and persistence!

Take control with this treasure map of self love and self care. *Peace, Power and You* shares practical tools, simple concepts and achievable exercises. It's a spiritual ABC that's authentic, aware and powerful.

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5 Points of Interest:

1. Spiritual self investment is the foundation of self love and self care, and is essential in helping reduce stress in your life.
2. Meditation is a natural form of medication to manage stress, anxiety, depression and chronic pain without the terrible side affects.
3. Positive thinking helps reduce depression and stress
4. 'Checking and Changing' our thoughts, inner language and beliefs maintains self empowerment while reducing stress and pain.
5. Don't be afraid to do things differently. Don't just accept what others tell you. Listen to your body and keep looking for alternative ways to help yourself.

Book Details and Purchase Information

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