



From Stress to Stillness: Tools for Inner Peace

Gina Lake

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Most stress is created by how we think about things. *From Stress to Stillness* will help you to examine what you're thinking and change your relationship to your thoughts so that they no longer result in stress. Drawing from the wisdom traditions, mindfulness meditation, psychology, New Thought, and the author's own experience as a spiritual teacher and counselor, *From Stress to Stillness* offers many practices and suggestions that will lead to greater peace and equanimity, even in a busy and stress-filled world. You will learn:

- How we create stress and how it affects the body
- How to recognize thoughts that cause stress
- How to disidentify with thoughts
- How to de-stress
- How mindfulness meditation changes the brain
- How to meditate and why
- Tips for quickly moving into Stillness
- How to change your lifestyle to reduce stress

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