



PEACE and Where to Find It

Christopher Papadopoulos

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In a world rife with turmoil and lives led in fear, this book delivers us from our angst, sense of separateness, and fear.

The world has never created/manufactured peace and never will because peace is already here and everywhere, waiting for us to notice it. It is a fundamental characteristic of who we are, if we were only aware of this.

Structured in a primarily Q & A format, this book guides readers on a simple yet profound journey of discovery, inviting them to discard their mental concepts about what peace is or isn't. It takes the reader step by step beyond the illusionary impediments to peace generated by the ego. This book reveals the deep relationship between peace and body awareness. Inhabiting the present moment through deep body awareness makes peace manifest in our lives and across the planet.

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