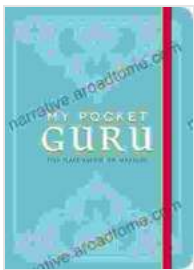


My Pocket Guru: Find Peace Amidst The Madness

Are you feeling lost, overwhelmed, or stressed out? Do you feel like you're constantly on the go, never taking a moment to pause and breathe? If so, then My Pocket Guru is the perfect book for you.



My Pocket Guru: Find Peace Amidst the Madness

by Adams Media

★★★★☆ 4.3 out of 5

Language : English

File size : 1072 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 178 pages



My Pocket Guru is a beautifully written and illustrated book that is filled with inspiring quotes, soothing affirmations, and practical exercises that will help you to calm your mind, reduce stress, and find inner peace. This book is the perfect companion for anyone who is looking to live a more mindful and peaceful life.

What You'll Find Inside My Pocket Guru

- **Inspiring quotes:** My Pocket Guru is filled with hundreds of inspiring quotes from wise teachers, spiritual leaders, and poets. These quotes

will help you to see the world in a new light, and to find strength and inspiration even in the darkest of times.

- **Soothing affirmations:** Affirmations are positive statements that you repeat to yourself on a regular basis. They can help to reprogram your mind and to create a more positive and peaceful state of mind. My Pocket Guru is filled with dozens of soothing affirmations that will help you to relax, de-stress, and find inner peace.
- **Practical exercises:** In addition to inspiring quotes and soothing affirmations, My Pocket Guru also includes a number of practical exercises that will help you to calm your mind and reduce stress. These exercises are simple and easy to follow, and they can be done anywhere, anytime.

How My Pocket Guru Can Help You

My Pocket Guru can help you to:

- **Calm your mind and reduce stress**
- **Find inner peace and tranquility**
- **Live a more mindful and present life**
- **Connect with your inner wisdom**
- **Find strength and inspiration in the midst of chaos**

Free Download Your Copy of My Pocket Guru Today

If you're ready to find peace and tranquility in the midst of the madness, then Free Download your copy of My Pocket Guru today. This book is a

valuable resource for anyone who is looking to live a more mindful and peaceful life.

My Pocket Guru is available in paperback and ebook formats. You can Free Download your copy from Our Book Library, Barnes & Noble, or your favorite online retailer.

Testimonials

"My Pocket Guru is a beautiful and inspiring book. I've been reading it for a few weeks now, and it has already made a big difference in my life. I'm calmer, more peaceful, and more connected to my inner wisdom. Thank you, Tami!

- Sarah M.

"I love My Pocket Guru! It's the perfect book to keep on my bedside table or in my purse. I read a few pages every day, and it always helps me to relax and de-stress. I highly recommend this book to anyone who is looking for a little peace and tranquility in their life.

- John S.

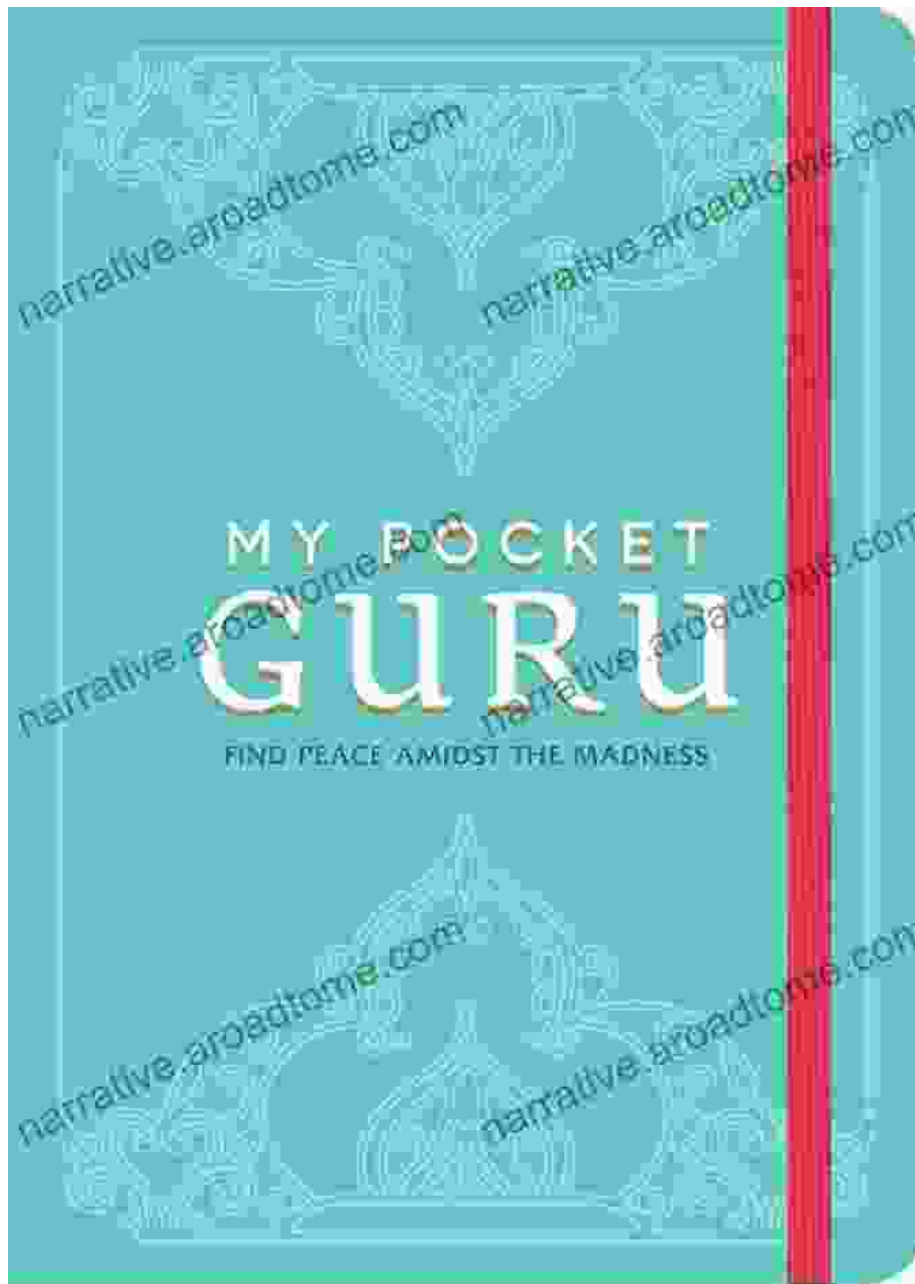
"My Pocket Guru is a lifesaver! I'm a busy mom of two young children, and I'm always feeling overwhelmed and stressed out. This book has helped me to find moments of peace and tranquility even in the midst of the chaos. I'm so grateful for this book!"

- Mary J.

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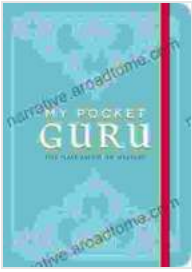
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