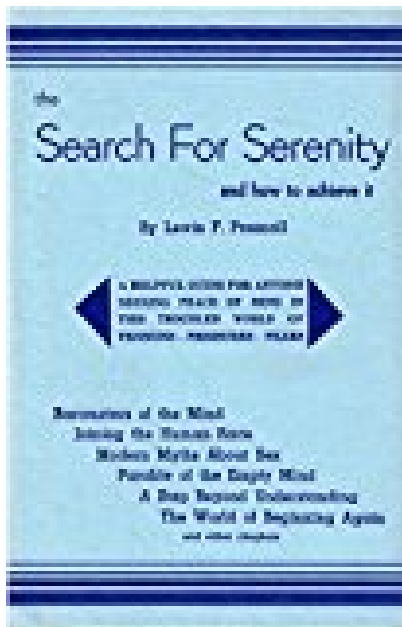


The Search for Serenity and How to Achieve It



BOOK DETAILS

- Author : Lewis F. Presnall
- Pages : 151 Pages
- Publisher : Utah Alcoholism Foundation
- Language : English
- ISBN :



BOOK SYNOPSIS

This book is about people who have found it necessary to change the way they feel. They have learned that one's feelings are largely the result of certain complex patterns of habit. To change these emotional habits requires understanding, patience and self-discipline. In simple language this book attempts to describe some of the practical ways in which one can replace misery with serenity.

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