



## Waking Up In Time: Finding Inner Peace in Times of Accelerating Change

By Russell, Peter

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Find inner peace today by using these 15 practical and simple tips. But it doesn't have to be that way. Small and smart changes can over time make a big difference. So today I'd like to share 15 of my own favorite tips for finding more peace and calmness in everyday life. Bonus: Download a free step-by-step checklist that will show you how to handle stress and distractions and improve your inner peace (it's easy to save as a PDF or print out for whenever you need it during your day or week).

1. Set limits. If your life is overfilled you may need to set some limits. So stop doing some of the least important things, the things that honestly don't

Peace in Times of Accelerating Change; Peter Russell. "A wonderful book, masterfully balancing ecological. Peter Russell. Waking Up in Time. Finding Inner Peace in Times of Accelerating Change. Origin. Press. habits of thinking and make the inner changes that are being demanded of us? The answer involves learning to be more in the present moment, less caught up in our judgments of the past and our attachments to future outcomes. One of the most important areas of. Will we wake up in time and avoid catastrophe? That is still an open question. But inner peace isn't simply something you can turn on; it's not something you can decide to do and then do it. Inner peace is a state to be achieved and to be improved upon, a lifelong journey that requires a lifetime commitment. So how do you find inner peace and what does it really mean? As you begin incorporating methods and practices of inner peace in your daily life, keep in mind the following dangerous negative beliefs: 1) I will be happy when I get this. It's common to think of happiness as a measurement defined by the things we have (and the things we want to have). Built-up resentment stops you from achieving inner peace because you're stuck in an isolated event. Without the ability to move on, you're shielding yourself from new experiences and opportunities. Find many great new & used options and get the best deals for Waking Up in Time: Finding Inner Peace in Times of Accelerating Change by Peter Russell (Paperback, 2007) at the best online prices at eBay! Free delivery for many products! Amid visions of doom in the wake of ecological catastrophe, this book by renowned visionary scientist Peter Russell stands out for its sanity, hopefulness, and relevance. Read full description. See details and exclusions - Waking Up in Time: Finding Inner Peace in Times of Accelerating Change, 10th. See all 4 brand new listings. Qty. Russell's principal interests are the interface between science and consciousness studies, and the inner challenges of our times. He believes that to navigate our way safely through them we must listen to the wisdom of the world's wisdom traditions, as well as to our current scientific understanding. He coined the term "global brain" with his 1980's bestseller of the same name in which he predicted the Internet and the impact it would have on humanity. He is the author of eight other books, including Waking Up in Time and From Science to God: A Physicist's Journey into the Mystery of Conscious