



At My Best: 365 Meditations For The Physical, Spiritual, And Emotional Well-Being

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"Nothing can bring you peace but yourself."--Ralph Waldo Emerson.

To achieve well-being in life you need physical, spiritual, and emotional health. *At My Best*, by author of *A Day At A Time*, draws on the wisdom of the present and past to help you set personal priorities in your search for well-being and follow through with disciplined and consistent actions toward that goal. Here are 365 meditations, one for each day of the year, built around appropriate quotations from famous authors that deal with such themes as your inner power, the link between mind and body, how your thoughts affect your health, how to choose affirming responses to setbacks in your life, and the use of mental imagery and visualization to conquer addiction and self-defeat.

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