



Peace for a Lifetime: Embracing a Life of Hope, Wholeness, and Harmony Through Emotional Abundance

Lisa Murray

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What image best describes your life? A well-nourished, deeply-rooted, overflowing shade tree? Or a shriveled-up, fallen-down, hollowed-out stump? We know what a tree needs in order to thrive. Just take away the water, the sun, the soil and watch what happens. The nutrients a tree is given determines how healthy and vibrant that tree will grow. The same is true for people. If we are not planted properly or given the nutrients necessary for our overall health and functioning, we too, will struggle to survive. We will wind up empty, resentful, exhausted. The opposite of anything deeply rooted or overflowing. Emotional abundance means we are living deeply rooted, overflowing lives. Our relationships are strong and we are creating a life of peace. So how do we build a life of emotional abundance? How do we experience a life of peace? Lisa Murray shares the answer to these questions. Through personal and professional experience, Lisa discovered how to take the broken pieces of life and find indestructible peace with herself, God and with others, and she passionately shares her breakthrough in this timely, well-written, book. Through Lisa and other's stories you'll realize that you can experience the life for which you long. You can experience abundance beyond anything you can imagine. You can experience peace, not just for today, not just for tomorrow. You can experience peace—for a lifetime!

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