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Nancy O'Hara

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Just Listen Nancy O'Hara

Tune in to the voice of your inner spirit.

In her bestselling book, *Find a Quiet Corner*, Nancy O'Hara showed readers how to find serenity through meditations. Now, in *Just Listen*, she introduces the next step on the journey to inner peace and shows how to cut through the clutter of your mind, quiet the chorus of distracting voices, and reduce stress and anxiety so you can tap into your inner self. This wise and inspiring book will help you discover what you really want from life and find the courage to pursue your dreams.

Adapting Zen principles and practices to modern-day life, O'Hara takes you step-by-step through an entire process of meditations, simple exercises, and questions to clear your busy mind and make you more aware, self-accepting, and active in living a satisfying life. Sitting still and breathing, writing thoughts on paper, letting down barriers, and moving your body all combine to improve spiritual progress, empower relationships, and remove the psychological obstacles that hold you back. This gentle process will teach you to release negativity, understand and face your fears, establish good habits, reach out to others, take risks, and rediscover your true self.

An insightful guide that takes you on an enlightening and empowering personal journey, *Just Listen* will help you to hear your one true voice and show you how to live a life that joyfully reflects it.

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