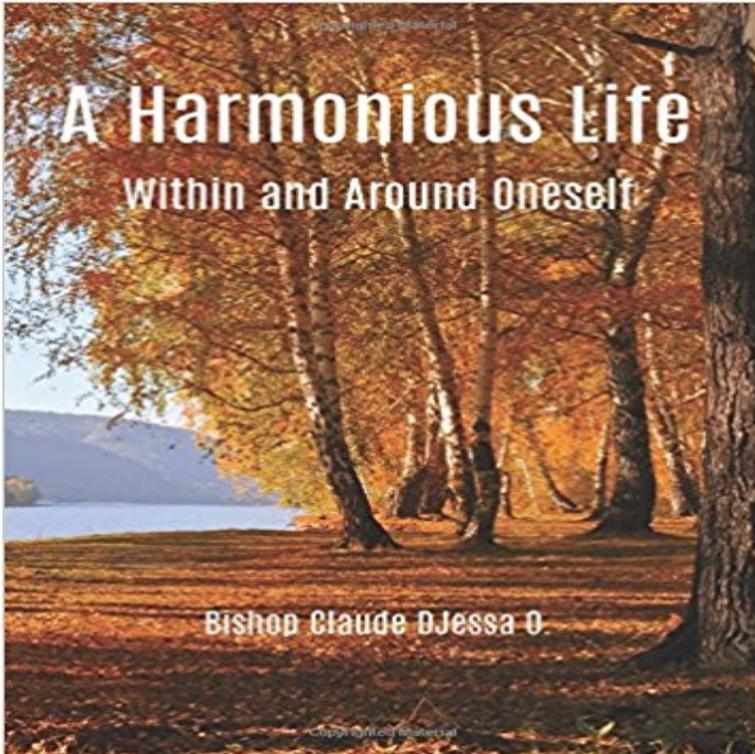


# A Harmonious Life: Within and Around Oneself: Within and Around Oneself



The society or the environment a person lives can affect how that person views herself and others. It can build, establish a good basis for future development or, on the other hand leave scars that end up being the root cause of so many problems in life. Some peoples lives turn around after event that shatters them. The truth is that we can never bring the past to change, but we must decide to succeed in the future by wishing wholeheartedly to heal and decide to ask God to help us if we are unable to forgive and to move on. It is wiser to break free of a burden as quickly as we can so that we can grasp the opportunities that life offers. How is it that we gain this internal and external harmony? This book provides outlines and simple principles to apply.

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