

# **FINDING PEACEFULNESS**

**Payge Sturgell**

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### **9 Ways to Find Peace of Mind in Tough Times**

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"He who lives in harmony with himself lives in harmony with the world." ~Marcus Aurelius. How can I find peace of mind? It's a question often asked, but rarely.

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It is so true that most of us struggle to find peace as a sense of how we can  
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