



7 Days to Inner Peace: The Building Blocks of Awareness

Bill King

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7 Days to Inner Peace guides you through 5 minute daily exercises that will change your world. It gives you practical, simple and powerful methods that help you to recognize ways you sabotage your own peace and happiness and to break the habits that hold you back. Bill King, having shirked the yoke of a long and successful career in corporate America, brings a refreshingly organized and straight-forward writing style to the self-help world. The book is rooted in action. It explains, in plain English, what you can do today that will improve your life and bring you closer to peace. The building block approach takes you on a journey to sustained happiness, joy, and well-being, and it makes it almost effortless to change. You have never experienced anything so easy or rewards more satisfying.

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