

inding Your Peace: The Magic of Living Here and Now

author: Brian Heston

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Synopsis

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inLanguage	english

What if peace isn't something you find, but something you remember? In *Finding Your Peace: The Magic of Living Here and Now*, Brian Heston invites you on a luminous inner journey—one that spans five decades of meditation, wonder, heartbreak, and awakening. This is not a how-to book. It is a being-with book. A companion for those standing quietly at the edge of their own inner wilderness, unsure whether to step forward or stay hidden.

With poetic prose and the wisdom of someone who has lived the questions deeply, Heston offers reflections that unfold like prayers: simple, sacred, and startlingly honest. These chapters are filled with gentle truths about stillness, presence, surrender, and the subtle beauty of ordinary moments.

You won't find promises of instant happiness here. Instead, you'll find something far more enduring—a return to your own breath, your own heart, your own timeless now.

Perfect for listeners who:

- Seek inner calm in a chaotic world
- Appreciate spiritual writing in the vein of Eckhart Tolle, Ram Dass, or Thich Nhat Hanh
- Value mindful presence, poetic insight, and personal authenticity
- Are walking through loss, transition, or spiritual questioning

Let this book sit beside your favorite chair, your meditation cushion, your cup of morning [tea](http://tea.open/). Begin again.

PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.

Reader's comments

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