



Peaceful Living: Daily Meditations for Living with Love, Healing, and Compassion

Mary Mackenzie

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Each of the 366 meditations in this gathering of wisdom is designed to move readers away from turmoil, strife, and divisiveness and lead them toward peace, resolution, and cooperation. This shift in consciousness is challenging, but with the words and ideas of this book, readers can assemble a collection of practical tools for peaceful living. The learned behaviors of hate and resentment and the cycles of revenge are broken down and replaced with the skills of nonviolent communication, including recognizing one's needs and values and making behavior choices in alignment with them. This collection presents new ways of viewing familiar situations and daily reminders of the value of living compassionately. Each meditation includes an inspirational quote and tips for integrating the message into the reader's life.

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