



# Inner Peace for Busy People

*Joan Borysenko*

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*Inner Peace For Busy People* addresses issues of people in the 21st century who feel “crazy busy.” Why have we allowed busyness to become a badge of honor and a jaw-clenching, mind-bending competition? Slaves to phones, beepers, e-mails, faxes, piles of snail mail, to-do lists, congested traffic, and pushy telemarketers who call during dinner, many people are also trying to balance the demands of family and career. As a result, they often feel squeezed out of their own lives, and unable to extend the kindness and care to their loved ones that they would really like to.

The paradox of this century is that Americans are wealthier than ever before, yet we are more stressed, depressed, anxious, and overwhelmed than at any time in our history. We have very little peace of mind. *Inner Peace for Busy People* consists of 52 weekly entries words that are both inspirational and practical. Through story and science, spirituality and humor, the readers will be given easily learnable skills to help them change their lives and attitudes to recover inner peace, one week at a time.

Life is a precious gift to be savored, not an endless series of chores to complete. The to-do list is immortal. It will live on long after we are dead. Every day brings a choice: to practice stress or to practice peace. With a little common sense, we can learn to understand and tame the dirty tricks department of the mind, live with kindness and love, enjoy the shelter of one another, and grow in wisdom and creativity. The 52 brief lessons and stories in the book are an enduring and practical guide to developing inner peace in a busy world.

You don't have to be a monk devoted to hours of special practice to walk your life's journey with graciousness and joy. All that is required is to pay attention, choose wisely, live with purpose and passion, laugh often, and live with fierce commitment to honesty and kindness.

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