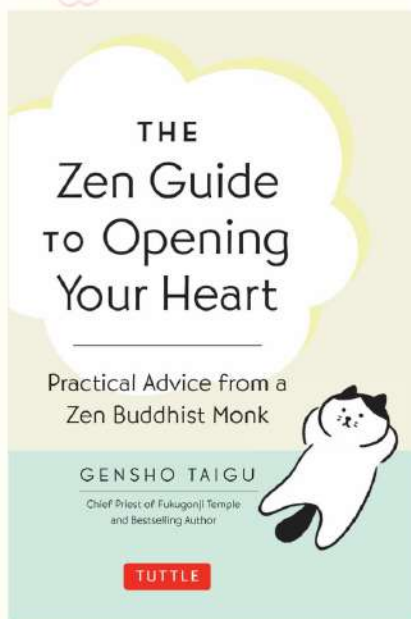


LET GO OF YOUR WORRIES AND LEARN TO CULTIVATE A STABLE, PEACEFUL HEART



- If you change your beliefs
your destiny will change
- You can overcome the habits
of worrying and “wanting”
- You can create the habit of
filling your heart with good
things
- Joy, anger and anxiety are all
within your ability to control

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