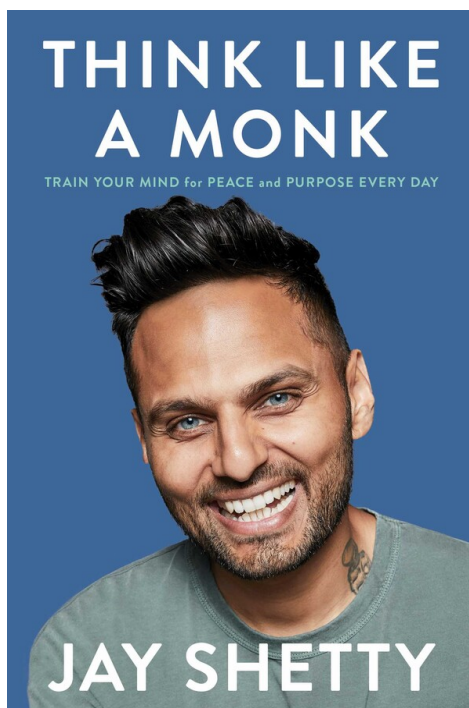


# Lire des livres Think Like a Monk: Train Your Mind for Peace and Purpose Every Day

By Jay Shetty



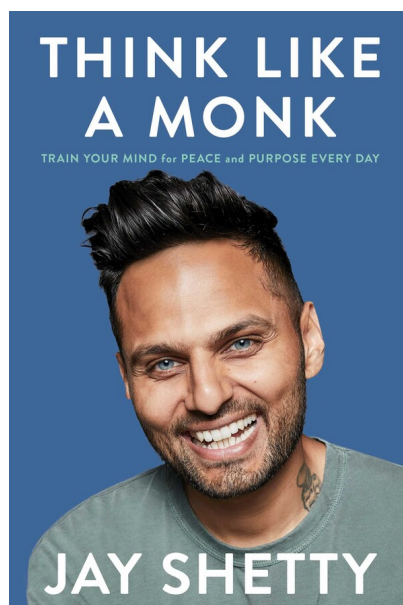
## Books Details

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## Books Descriptions

Jay Shetty, social media superstar and host of the #1 podcast *On Purpose*, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand:- How to overcome negativity- How to stop overthinking- Why comparison kills love- How to use your fear- Why you can't find happiness by looking for it- How to learn from everyone you meet- Why you are not your thoughts- How to find your purpose- Why kindness is crucial to success- And much more... Shetty grew up in a family where you could become one of three things: a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left

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