



Peace in Our Hearts, Peace in the World: Meditations of Hope and Healing

Ruth Fishel

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Peace begins with us! When the world is at its most threatening and uncertainty reigns, it comforts us to know that mindful living is still within our grasp. *Peace in Our Hearts, Peace in the World* helps us come to a full and deep understanding of our own thoughts, actions, limitations, and strengths—and the effect they have on the world at large. Ruth Fishel serves as our wonderfully effective guide through this year-long journey of introspection, reflection, and resolution. Her daily encouragement to appreciate the most basic things in life—waking up, brushing our teeth, the breaths we take—alternate with thoughts on relationships, choice, and personal responsibility. A thought-provoking quote accompanies each meditation: Fishel draws these wise words from sources old and new, ranging from Buddhism to new spiritual writings by Eckhart Tolle, Christina Feldman, and Deepak Chopra.

Small enough to travel with, and beautifully designed, this book makes inspirational reading available anytime, anywhere. Readers will find its comforting presence a constant reminder of the maxim that drives this motivational collection: *if there is peace in our hearts, there may indeed one day be peace in the world.*

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