



Lessons in Simply Being: Finding the Peace within Tumult

Carol O. Eckerman

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Lessons in Simply Being is the memoir of a recovering control addict who finds meaning in life after the collapse of all she had clung to. Plunged into despair, she calls upon the skills honed in her thirty-four years as a behavioral scientist and professor at Duke University. She searches for order, change, and meaning as she walks through much of what she most feared (divorce, aloneness, physical disability, her mother's dementia and dying, and her children's struggles with cancer). She discovers a mysterious loving presence that permeates her world, even its darkest corners. As she moves deeper into this unknown faith territory and lives what she had never imagined possible, love trumps fear. A troubled mother-daughter relationship transforms into one of mutual mothering. She moves toward understanding, forgiveness, and intimacy with the man whose actions triggered her despair. Her dives into tumult awaken her to the peace within and to a single new lesson to live by: simply be. She is discovering her place within the flow of Spirit that permeates all of life.

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George Hale:

Playing with family in the park, coming to see the coastal world or hanging out with friends is something that usually you may have done when you have spare time, and then why don't you try something that's really opposite from that. A single activity that makes you not experience tired but still relaxing, thrilling like on a roller coaster you are riding on and with addition associated with. Even if you love Lessons in Simply Being: Finding the Peace within Tumult, you could enjoy both. It is a fine combination, right? You still want to miss it? What kind of hang-out type is it? Oh, occur to your mind hangout guys. What? Still don't obtain it, oh come on, it's referred to as reading friends.

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Many people spend their moment by playing outside along with friends, fun activity along with family or just watching TV 24 hours a day. You can have a new activity to enjoy your whole day by looking at a book. Ugh, do you consider reading a book will surely be hard because you have to use the book everywhere? It's OK, you can have the e-book, bringing everywhere you want in your smartphone. Like Lessons in Simply Being: Finding the Peace within Tumult which is keeping the e-book version. So, try out this book? Let's find.

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