



# From Stress to Serenity: Gaining Strength in the Trials of Life (Bringing Spirit to Life)

*Angus Jenkinson*

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With a background in business and a life-long interest in spirituality, Angus Jenkinson brings a rich blend of professional and practical know-how, contemporary experience and ancient wisdom to tackling the very modern problem of stress. The sense of being under stress, he suggests, is as much to do with our response to events as the events themselves. Symptoms of stress can be seen as a form of advice, helping us to grow as individuals and develop inner resources needed to meet the inevitable challenges of twenty-first century life. These resources include courage and compassion, freedom and self-determination, clear thinking, positivity and love. Thus equipped, we may approach the adventure of life with serenity, in turn creating less stress for other people. *From Stress to Serenity* collects advice, practical exercises and insights from many traditions and diverse sources, including Rudolf Steiner, Jung, Nelson Mandela, Julian of Norwich, Marshall Rosenberg and Buddha. The result is an enlightening workbook as well as a thought-provoking analysis of the roots of stress and its meaning for our personal and spiritual development.

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