



Calm & Peace: Be careful how you think; your life is shaped by your thoughts. Proverbs 4:23

Adrina Green

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Reject Evil – Embrace Good – Empower Calm and Peace! Welcome, my name is Adrina. Nearly everyone desires to live calm and peacefully. Sadly, it is not easy. Firstly, we are born with emotions that are many and varied, emotions that can take us from calm and peaceful to anxious or explosive in no time. Secondly, our calm and peace can be shaken by consistent problems, even shattered by unexpected turmoil. Thirdly, our battle with evil either personally or on a worldwide scale, can cause pain and stress. The list could on. When Jesus walked the earth as a man he too had to manage his emotions. It is written; he responded with scripture when he was challenged by evil. When facing his death on the cross, he could have chosen a number of responses, but he had predetermined to choose calm, peace and forgiveness, this ultimately ushered in a tremendous victory over Satan. I have written Calm & Peace to suit the avid reader along with those who find reading a chore. I have sourced inspiring words of wisdom that have proven to help others throughout history. I share life-changing stories from renowned people in history, along with a few of my own life experiences. Most importantly I include some of the numerous benefits of reconnecting with God. I would like to encourage you to purchase this book, discover its value and then share it with those you know will benefit from more Calm and Peace in their lives! “Although life is a challenge, attitude is always a choice.” Author quote.

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