

(Mobi) Protect Your Peace: Nine Unapologetic Principles for Thriving in a Chaotic World by Trent Shelton

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By: Trent Shelton

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Hard-won wisdom, practical strategies, personal stories, and deep inspiration to help you reframe your life as a force for good. Your perspective on life can be your power or your prison. It can serve your anxiety, your stress, and your depression, or it can support your peace, your courage, and your growth. Trent Shelton, one of the most groundbreaking and dynamic teachers of our time, wants to help you chart your path to a new perspective. Protect Your Peace offers tools to reshape your mindset and redefine the meaning you find in your life. Tools that he knows can work for you, because he has used them himself to transform his own life. In these pages, Trent outlines nine essential principles to help you protect your energy from the things that drain it. Protect your mind from the things that distract you. Protect your soul from the things that don't fulfill you. You'll learn simple strategies for setting clear boundaries, disconnecting from negativity, honing your vision and your focus, and bringing your life into alignment with your true power and purpose. With Trent as your straight-talking, profoundly inspiring guide who's with you every step of the way, Trent lets you know in no uncertain terms that there is a war on a war for your worth. The toughest battle in it is the one you're fighting within yourself. And Protect Your Peace gives you a road map to victory.

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