



An Unshakable Mind

By Ryuho Okawa

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. Many of us find ourselves unable to deal with the problems that life throws at us. Whether it is professional or personal disappointment, unexpected tragedies or long-lasting difficulties, too often we feel overwhelmed. According to spiritual teacher Ryuho Okawa, the way to deal with these situations is with an unshakable mind. In this book, he describes ways to build inner confidence and achieve spiritual growth, adopting a spiritual perspective as the basis. With a willingness to learn from everything that life presents you, good or bad, any difficulty can be transformed into nourishment for the soul. Printed Pages: 140.



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