



Crazy World, Peaceful Heart: 6 Core Practices for Cultivating Joy and Resilience

Sharon Helene Rosen

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“This beautifully written book wraps its arms around you like a comforting, wise mother. You’ll feel calmer just reading it; however it also offers a variety of simple and practical activities to help you recapture a sense of peace in this hectic world in which we live.”

—Debbie LaChusa, author of *Breaking the Spell: The Truth About Money, Success, and the Pursuit of Happiness*

“*Crazy World, Peaceful Heart* inspires you with accessible wisdom and tools to befriend your body, mind, and spirit. Sharon Rosen’s healing muse is a precious gift to your life.”

—Laura Alden Kamm, author of *Intuitive Wellness*

Ever wish you could stop the world for just a little while?

Do you get frustrated trying to figure out why you can't hold on to the peaceful moments for very long?

Crazy World, Peaceful Heart provides a path to the peace you seek. Along the way, you will learn why "falling off the path" is an important and unavoidable piece of the journey and why true balance often feels so elusive.

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