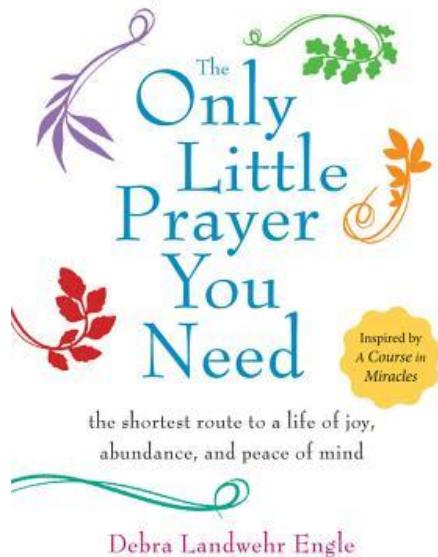


foreword by His Holiness the Dalai Lama



Only Little Prayer You Need: The Shortest Route to a Life of Joy, Abundance, and Peace of Mind

Debra Landwehr Engle, Dalai Lama XIV (Foreword)

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"We need to encourage an understanding that inner peace comes from relying on human values like love, compassion, tolerance, and honesty, and that peace in the world relies on individuals finding inner peace."

--**His Holiness, the Dalai Lama**

These six words--*please heal my fear-based thoughts*--change lives. In this brief and inspiring book, based on Engle's study of *A Course in Miracles*, she explains how to use the prayer and experience immediate benefits:

being less irritable, more patient

laughing more

feeling like you have more time, more energy

worrying less

making decisions more easily

saying no without guilt

A typical prayer goes something like this: "*Please help us find the money to pay our mortgage this month.*" Saying the prayer may help you feel like the burden of that month's mortgage has been lifted, but the part of you that feeds on fear will simply seek out new financial worries to keep you awake at night. Old patterns remain intact.

In contrast, asking, "*Please heal my fear-based thoughts about our mortgage*" lifts the burden AND relieves the need to re-create that fear and hold onto it. This prayer heals your very desire for burdens, your addiction to fear-based thoughts, freeing you to live without that fear and with greater peace of mind. As a result, your financial situation is also free to improve. That's what makes it so different.

One Facebook fan told Engle, "*The most blessed aspect of this prayer is all the open space it creates for peace--I never knew how many fear-based thoughts were clogging up in me until... this prayer.*"

Only Little Prayer You Need: The Shortest Route to a Life of Joy, Abundance, and Peace of Mind Details

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From Reader Review Only Little Prayer You Need: The Shortest Route to a Life of Joy, Abundance, and Peace of Mind for online ebook

Latasha Woodral says

it was good especially if you were having a bad day and you need something positive to get through the day..

Sandee says

Useful mantra, but maybe a bit overly simplified. I do agree that fear appears to be the pervading motivator in today's society and anything we can do to avoid getting sucked into others' control on that basis is a good thing.

Judy says

excellent concept, though a little tedious on the course in miracles.

Sunshine Mares says

Wonderful idea. Already helped me. Thank you, Mom!!

JZ says

The prayer is brilliant, the book, not so much.

Jarod Pierce says

I received this book in a Goodreads free giveaway and I love it. It is a huge morale booster and I even read some of it to my highschool football team before our last game this past week. Guess what, we had the best season in over 5 years at our highschool and I am so proud of all of them. But anyways this book is very well written and set up, it is enjoyable to read and really helps you clear your mind. The perfect book to read in the bubble bath.

5 STARS

M.K. MacInnes says

Simple but inspiring. Just what I needed at the right time. Thank you, Debra.

Paula says

Superb book. Very insightful and in my opinion very helpful.

Dominique Teel says

Wonderful! Truly inspiring and full of hope!!

Jan says

You really don't need to read the whole book (imho)...it boils down to the prayer, and practicing using it over and over.

William Fitzpatrick says

I had just written a post on LinkedIn about putting faith over fear when I stumbled across this book that both captures and expands upon the concept beautifully.

Nicole Donze says

I won a copy of this book through the GoodReads Giveaways.

I really enjoyed this book. I plan on putting it into action in my own life and even keeping the book on my desk to reference from time to time.

Lisa says

Excellent book. I was introduced to A Course in Miracles several times since I was 12 years old. Apparently, I prefer to live in worry and distress but this book served as a great reminder for what I loved about The Course and why it's important. Yes, the prayer works. It is priceless and works for each person in a similar but individual way. Thank you to Good Reads for the early reviewers copy of this book.

Stacy says

Audiobook.
