

Strength in the Storm: Transform Stress, Live in Balance, and Find Peace of Mind

By Eknath Easwaran

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Stress and anxiety affect many of us as we struggle with work pressures, money worries, strained relationships, and the nagging sense that life may be running out of our control. But in the midst of chaos we can find balance, peace, and even wisdom, Easwaran says, if we learn to steady our minds. It’s a simple idea, but one that runs deep – a truly calm mind can weather any storm.

A highly respected teacher of meditation, Eknath Easwaran offers a wealth of insights, real-life stories and practical suggestions to help us try something more successful next time we’re facing our stressors. He explains how to use a mantram (or mantra) to quiet the mind. He describes how to slow down and stay in the present, improve creativity and concentration, shed anxieties and resentments, strengthen our relationships, and stay kind and strong when faced with conflicts, supporting those around us.

We learn to calm the mind through practice – there’s no magic about it. We can’t control what life throws at us, but we can learn to access the courage, patience, and compassion that we need to ride the waves of life minute-by-minute, day-by-day.

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Editorial Review

Review

"I have long found the writings of Eknath Easwaran to be models of clarity, simplicity, and practicality."
— Andrew Weil, M.D., author of *Healthy Aging and Spontaneous Happiness*

"An excellent book for all those who sincerely desire peace, both within themselves and the world."
— Arun Gandhi, Founder, M.K. Gandhi Institute for Nonviolence

"In *Strength in the Storm*, a handsomely crafted new book . . . Easwaran writes from the heart with great warmth. This book will appeal to readers who are seeking genuine support in difficult times. Easwaran has a deep understanding of people's needs, and you can feel that he talks and teaches from personal experience."
— *Branches of Light*

"*Strength in the Storm* is highly recommended and personally rewarding reading."
— *Midwest Book Review*

From the Inside Flap

Stress and anxiety affect many of us as we struggle with work pressures, money worries, strained relationships, and the nagging sense that life may be running out of control. But in the midst of chaos we can find balance, peace, and wisdom, Easwaran says, if we learn to steady our minds. It's a simple idea, but one that runs deep – a truly calm mind can weather any storm.

Eknath Easwaran (1910–1999) is widely respected as a teacher of meditation and as an authentic guide to spiritual living. More than 1.5 million of his books are in print.

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–Andrew Weil, MD, Author of *Spontaneous Happiness*

From the Back Cover
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