



Beyond Joy Poems: Quiet Moments to Refresh the Mind, Body, and Soul (Volume 1)

Elaine Enfield

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This collection of poetry, balance statements and short stories invites the reader to enjoy quiet moments of inspiration. Meditation is encouraged in order to promote self-awareness and well-being. The inspirational poems are written from a Christian perspective. However, the reader is free to interpret the contents in light of universal truth in order to refine their definition of a balanced life. Each poem may have multiple meanings, and the reader is free to choose the meaning that is most useful in obtaining health and wellness.

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