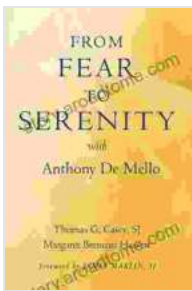


From Fear to Serenity: Anthony de Mello's Guide to Inner Peace

In his book, *From Fear to Serenity*, Anthony de Mello offers a practical guide to overcoming fear and finding inner peace. De Mello, a Jesuit priest and spiritual teacher, draws on his own experiences and insights to offer readers a path to freedom from fear and anxiety.



From Fear to Serenity with Anthony de Mello

by Margaret Brennan Hassett

★★★★☆ 4.4 out of 5

Language : English
File size : 231 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 161 pages



The book is divided into three parts. The first part, "The Nature of Fear," explores the different types of fear and their causes. De Mello argues that fear is a natural part of human experience, but that it can become a problem when it becomes excessive or irrational. He also discusses the different ways that fear can manifest itself, such as anxiety, worry, and panic.

The second part of the book, "The Path to Serenity," offers a step-by-step guide to overcoming fear. De Mello begins by helping readers to identify

their fears and to understand their causes. He then offers a variety of techniques for overcoming fear, such as meditation, mindfulness, and journaling. He also emphasizes the importance of seeking support from others, such as friends, family, or a therapist.

In the third part of the book, "Living in Serenity," De Mello discusses how to live a life that is free from fear. He emphasizes the importance of living in the present moment, accepting oneself and others, and letting go of attachments. He also offers advice on how to deal with difficult emotions, such as anger, sadness, and loss.

From Fear to Serenity is a powerful and practical guide to overcoming fear and finding inner peace. De Mello's insights are both profound and accessible, and his writing is both clear and engaging. The book is a valuable resource for anyone who is struggling with fear and anxiety, and it offers a path to a more peaceful and fulfilling life.

Benefits of Reading *From Fear to Serenity*

There are many benefits to reading *From Fear to Serenity*, including:

- You will gain a deeper understanding of the nature of fear and its causes.
- You will learn a variety of techniques for overcoming fear, such as meditation, mindfulness, and journaling.
- You will be inspired to live a life that is free from fear and anxiety.
- You will develop a greater sense of peace and well-being.

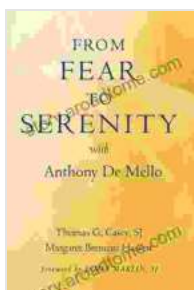
Who Should Read *From Fear to Serenity*

From Fear to Serenity is a book that is appropriate for anyone who is struggling with fear and anxiety. It is also a valuable resource for anyone who is interested in personal growth and spiritual development.

About the Author

Anthony de Mello (1931-1987) was a Jesuit priest, spiritual teacher, and author. He was born in India and ordained a priest in 1961. He taught at St. Xavier's College in Bombay for many years, and he also gave лекции and retreats around the world. De Mello's books have been translated into more than 20 languages and have sold millions of copies. He is considered one of the most influential spiritual teachers of the 20th century.

From Fear to Serenity is a powerful and practical guide to overcoming fear and finding inner peace. De Mello's insights are both profound and accessible, and his writing is both clear and engaging. The book is a valuable resource for anyone who is struggling with fear and anxiety, and it offers a path to a more peaceful and fulfilling life.



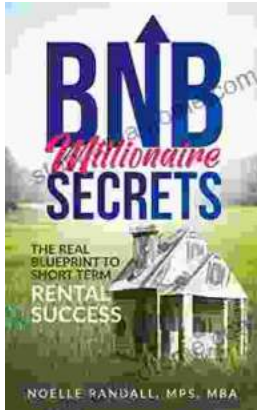
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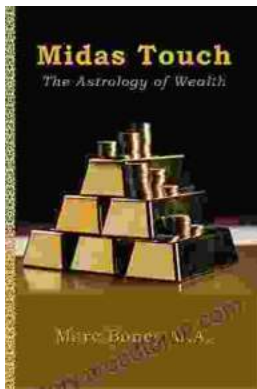
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