



## Thought for Today: Positive Thoughts for a Peaceful Mind and Contented Life

*Brahma Kumaris*

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More and more attention is being paid to diet and exercise these days. It's all about the importance of keeping the body healthy, and even the government supports this as it sees how neglect in these areas leads to more illness in the longer term, and higher costs in running the national health sector. Paradoxically, the more attention is being paid to the physical aspects of the human being, less time and attention seems to be paid to spiritual well being. With "Thought for Today" we have a ready made collection of 'meals for the mind' and a 'daily exercise plan' for thoughts. Using seven themes: contentment, peace, love, power, knowledge, purity, and mercy, this little book allows the reader to dip in depending on the mood of the moment. Within each chapter theme, there are 40 to 50 thoughts given in the form of directive statements on the attitudes and outlook we can usefully bring to situations. A welcome addition is at the beginning of each theme, we have a page that defines the quality and reminds us of why it is we aspire to develop it within us. Something that is useful when enthusiasm may wane a little, particularly when the demands of the day can mean we drift away from this alternative form of nourishment! Begin every day with a thought from this little book. If mornings are rushed, then let it live in your pocket or bag, - a well thumbed book (as this can become) is an indispensable friend.

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