

# The Stillness Before the Start: A Journey into the Unknown

In a world that is constantly moving, it can be hard to find a moment of stillness. But it is in those moments of stillness that we can find our way forward.

The Stillness Before the Start is a book about finding stillness in the midst of chaos, and using that stillness to find your way forward. It is a book about the power of meditation, the importance of self-care, and the beauty of the unknown.



## The Stillness Before the Start by Jennifer Ann Shore

★★★★☆ 4.4 out of 5

Language : English  
File size : 705 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 276 pages  
Lending : Enabled  
Screen Reader : Supported



The book is divided into three parts. The first part is about finding stillness. It explores the different ways to meditate, and how meditation can help us to find peace and clarity.

The second part of the book is about self-care. It explores the importance of taking care of our physical, emotional, and mental health. It also provides

tips on how to create a self-care routine that works for you.

The third part of the book is about the unknown. It explores the beauty of the unknown, and how we can use it to our advantage. It also provides tips on how to face the unknown with courage and confidence.

The Stillness Before the Start is a book that will help you to find stillness in your life, and use that stillness to find your way forward. It is a book that will inspire you to live a more mindful and meaningful life.

## **About the Author**



**Name:** Jane Doe

**Bio:** Jane Doe is a writer, speaker, and teacher. She is the author of several books, including *The Stillness Before the Start*. Jane is passionate about helping people to find stillness in their lives, and to use that stillness to find their way forward.

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