

AN INVITATION TO MORE THAN HAPPINESS...

COACHING PSYCHOLOGY MELBOURNE
with Kathleen Crawford & Positive Psychology



SOME SIGNS AND SYMPTOMS OF INNER PEACE

A tendency to think and act spontaneously rather than on fears based on past experiences

An unmistakable ability to enjoy each moment

A loss of interest in judging other people

A loss of interest in interpreting the actions of others

A loss of interest in conflict

A loss of interest in the ability to worry

Frequent, overwhelming episodes of appreciation

Contented feelings of connectedness with others and nature

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