



Surfing Your Inner Sea: Essential Lessons for Lasting Serenity

Raphael Cushnir

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In this eminently readable, evocatively photographed volume, best-selling author Raphael Cushnir provides a simple and holistic path to achieving lasting peace of mind and body. Through a series of short, deceptively approachable essays, Cushnir details the day-to-day practices that comprise the foundation of a stress-free life. Cushnir's signature mix of personal anecdote and approachable metaphor ensures that each of his 18 lessons rings home. In the spirit of Cushnir's popular *How Now: 100 Ways to Celebrate the Present Moment*, *Surfing Your Inner Sea* is a guidebook, a resource, and a wellspring of practical inspiration.

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