



The Gift of Peace

Ben Stein

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In ancient Hebrew prayers, the highest wish that any worshiper can offer to another is that the Almighty will give the worshiper “the greatest of all gifts—the gift of peace.” Ben Stein’s latest book, *The Gift of Peace*, comprises more than 500 lessons about how to live life in a state of peace. Drawing from wisdom learned in 12-step meetings and from his own meditations, Stein reveals the guideposts that have taken him (over the last 16 years) to a life incomparably more serene and uncomplicated than it once was. The lessons in *The Gift of Peace* are about surrender to God, turning envy around, realizing one’s own unimportance in the universe, and achieving humility through actions as well as thoughts. Think of this book as a lifetime supply of non-addictive, no-side-effect tranquilizers and antidepressants and you have it just about right. Thorough, repeated readings of these homilies, especially upon waking and at bedtime, offer genuine calm and peace.

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