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Which brings us to a simple point: The secret of contentment is found in the way a believer thinks. It is not found in the way a believer feels, because our emotions fluctuate. We don't base contentment on the way that we feel; we base it on the way that we think.

How to Find Contentment - Harvest
We all have this power within us to realize contentment. Instead of grasping at more things as 2016 winds to a close do this instead: Sleep well. Meditate. Eat good food. Move your body. Love your friends and family. Hug people (maybe not strangers – use your judgement here). Listen to music you love. Stop worrying about things you can't control.

How to Find Contentment - The Happy Philosopher
In "Beyond Contentment How to Find True Happiness and Live the Life

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Beyond Contentment: How to Find True Happiness and Live ...

Beyond Contentment During February I need to escape from winter , and I often search out spring at the Marjorie McNeely Conservatory in Saint Paul, Minnesota. Today I walked directly to the familiar fountain and stone statue of Saint Francis of Assisi in the North Garden because the scene seemed to beautifully illustrate Jordan Feliz 's song, Satisfied , that was filling my heart and my head.

Beyond Contentment • Riceford Streams

Here are six tips you can apply today to find more contentment in your life: 1. Practice gratitude. It is impossible to develop contentment without gratitude—they are inseparable. And a grateful person is one who has learned to focus on the good things in their life, not the things they lack.

Contentment: How to Find This Unmistakable Freedom

2. Be Grateful. Try practicing gratefulness by learning to enjoy and appreciate what you already have. One of the reasons people struggle to be content is because they spend more time focusing on the things they don't have rather than the things they already have.

How To Be Content: 15 Tips To Find Contentment

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Find A Suitable Middle Ground "We are not rich by what we possess but by what we can do without." – Immanuel Kant. All questions at the public meeting that day were about life beyond the grave.

How To Discover The Unmistakable Freedom Of Contentment In ...

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