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**just stoicism but buddhism confucianism epicureanism christianity hinduism and countless other philosophical schools and religions and i found that the one thing all these schools share is a pursuit of this inner peace this stillness and a belief that it s the key to a happy and meaningful life'**

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**the most productive activity you will ever undertake by doing nothing she means literally doing nothing this is not prayer at least not in the sense of talking to god it is not problem solving it is not planning'**

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**great things we begin our discussion with how ryan describes stillness what it means to find stillness in mind body and soul and how an individual can have stillness in one of these areas but chaos in another'**  
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