

Introducing Moditations, An Inspirational Self-Help Book for Modern Life

New unique, self-help guide for people grappling with relationship issues, social shutdowns, anxiety, grief, and more. Ideal for those facing a challenge, seeking a calmer, more joyful life, or looking to meditate.



Moditations

*Self-Inspiration and
Encouragement for Modern Life*

PATRICK STEPHENS

Boston, Massachusetts Nov 22, 2022 ([Issuewire.com](https://www.issuewire.com)) - TranQuill Press is pleased to introduce a one-of-a-kind self-help guide created specifically for the challenges of modern times – *Moditations*™ by Patrick Stephens.

Available at moditations.com and Amazon, this compact collection of inspirational thoughts was created to help those dealing with 21st Century issues such as work-life balance, relationship struggles, modern anxiety, pandemic isolation, loss of a pet, staying positive, finding joy, and more.

Self-Help Insights for Today's Emotional and Social Challenges

“While the title implies meditation, *Moditations* is for *anyone* seeking a happier, more peaceful life,” says Stephens. Each brief, easy-to-read Moditation is one or two pages long and offers encouragement for challenges like stress, caring for aging parents, work burnout, taking charge of your life, and following your dream.”

Every Moditation also includes a “modtra,” a short, positive phrase that serves as a motivational reminder when the book isn’t on hand. Additionally, 12 “Image Moditations” offer visual escapes from today’s demands, aiding in relaxation, mindfulness, and overall well-being. (New Image Moditations are posted regularly on moditations.com as a complement to the book.)

Stephens, a Massachusetts-based writer, was inspired to create *Moditations* based on conversations he had with friends, family members, and colleagues about trying to live calmly and fully among the complexities of today’s world.

The paperback edition is priced at \$8.99 and the e-book version is downloadable at \$7.99. Either way, *Moditations* is an affordable, stress-less gift for family and friends – or for your own personal improvement. For more information or to order, visit moditations.com or Amazon.

There has never been a time quite like now. And there’s never been a self-growth book quite like *Moditations* to help deal with these changes.

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