



## Thou Shall Not Suffer: 7 Steps to a Life of Joy

*Mark Anthony Lord*

Download now

[Click here](#) if your download doesn't start automatically

# Thou Shall Not Suffer: 7 Steps to a Life of Joy

*Mark Anthony Lord*

**Thou Shall Not Suffer: 7 Steps to a Life of Joy** Mark Anthony Lord

*Is suffering a choice?*

At some point in life everyone goes through difficult times: the loss of a job, illness, financial troubles, relationship difficulties, divorce, and the death of a loved one.

But is there a way to face these inevitable and often unexpected challenges without having to suffer? Is it possible to experience all the trials life may bring from a place of acceptance, curiosity, strength, and a spiritual perspective that allows you to remain connected to your joy and appreciation throughout it all?

For Pastor Mark Anthony Lord, founder of the Bodhi Spiritual Center in Chicago, living in a state of joy and appreciation no matter what is not only possible, it is actually the way God wants us to live!

In *Thou Shall Not Suffer*, Lord recounts the path to his own liberation from suffering and teaches that ending suffering in our lives is not about some sort of intellectual understanding; it occurs the moment we focus our attention on the healing power of self-love, acceptance, and a more expanded, deeply personal God.

Lord shares his seven-step program for facing each day with joy, possibility, and peace. Each step contains exercises designed to guide you to a new way of being in the world, one where you can:

- Re-envision a God who works for you
- Forgive yourself and others no matter what
- Quiet the voices of inner judgment and self-doubt
- Find and stay true to what you really want in life
- Make peace with the past and create a life full of passion
- Give back to your community in a meaningful way

**By the end of this book you will be have all the tools necessary to leave suffering and pain behind and embrace a life of happiness and joy.**

It's time to follow the new commandment: Thou Shall Not Suffer!

 [Download Thou Shall Not Suffer: 7 Steps to a Life of Joy ...pdf](#)

 [Read Online Thou Shall Not Suffer: 7 Steps to a Life of Joy ...pdf](#)

## **Download and Read Free Online Thou Shall Not Suffer: 7 Steps to a Life of Joy Mark Anthony Lord**

---

### **From reader reviews:**

#### **Heidi Fritz:**

Information is provisions for folks to get better life, information today can get by anyone in everywhere. The information can be a understanding or any news even a problem. What people must be consider if those information which is from the former life are challenging be find than now's taking seriously which one is appropriate to believe or which one the particular resource are convinced. If you get the unstable resource then you have it as your main information it will have huge disadvantage for you. All those possibilities will not happen within you if you take Thou Shall Not Suffer: 7 Steps to a Life of Joy as your daily resource information.

#### **Susan Gagnon:**

The book with title Thou Shall Not Suffer: 7 Steps to a Life of Joy has lot of information that you can find out it. You can get a lot of gain after read this book. This specific book exist new know-how the information that exist in this publication represented the condition of the world today. That is important to yo7u to learn how the improvement of the world. This specific book will bring you inside new era of the syndication. You can read the e-book on your smart phone, so you can read that anywhere you want.

#### **Gabrielle Oneal:**

Do you have something that you want such as book? The book lovers usually prefer to choose book like comic, limited story and the biggest an example may be novel. Now, why not seeking Thou Shall Not Suffer: 7 Steps to a Life of Joy that give your pleasure preference will be satisfied by simply reading this book. Reading routine all over the world can be said as the opportunity for people to know world a great deal better then how they react to the world. It can't be claimed constantly that reading behavior only for the geeky man but for all of you who wants to be success person. So , for all you who want to start looking at as your good habit, you can pick Thou Shall Not Suffer: 7 Steps to a Life of Joy become your personal starter.

#### **Raymond Dixon:**

Don't be worry for anyone who is afraid that this book can filled the space in your house, you can have it in e-book way, more simple and reachable. This kind of Thou Shall Not Suffer: 7 Steps to a Life of Joy can give you a lot of pals because by you looking at this one book you have point that they don't and make anyone more like an interesting person. This particular book can be one of one step for you to get success. This e-book offer you information that maybe your friend doesn't recognize, by knowing more than different make you to be great individuals. So , why hesitate? We should have Thou Shall Not Suffer: 7 Steps to a Life of Joy.

**Download and Read Online Thou Shall Not Suffer: 7 Steps to a Life of Joy Mark Anthony Lord #58SMOU1NK3V**

## **Read Thou Shall Not Suffer: 7 Steps to a Life of Joy by Mark Anthony Lord for online ebook**

Thou Shall Not Suffer: 7 Steps to a Life of Joy by Mark Anthony Lord Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Thou Shall Not Suffer: 7 Steps to a Life of Joy by Mark Anthony Lord books to read online.

### **Online Thou Shall Not Suffer: 7 Steps to a Life of Joy by Mark Anthony Lord ebook PDF download**

**Thou Shall Not Suffer: 7 Steps to a Life of Joy by Mark Anthony Lord Doc**

**Thou Shall Not Suffer: 7 Steps to a Life of Joy by Mark Anthony Lord Mobipocket**

**Thou Shall Not Suffer: 7 Steps to a Life of Joy by Mark Anthony Lord EPub**