

Peace

Arnan Qhaizer K. Imao
Bachelor of Science in Respiratory Therapy
School of Allied and Medicine
Universidad de Zamboanga

Peace is a five-letter word, so simple and yet it is so hard to find. World peace is one thing that every country wants to find. But how do we find peace if we ourselves never know where to start?

To live in peace means to live in harmony and a life that is safe from any disturbance. To know peace we must know ourselves, our weaknesses. We can start to promote peace by simple means. We can start it ourselves, our family and community.