

Make Peace with Yourself  
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How can we make peace with our own selves? By saying sorry to what we have done wrong without an effort and be contented with it? Most people are not aware what they are doing. They do it since it is an enjoyment without considering what the others feel?

How can I promote peace with myself? For me peace can be started in our own selves and can continue to others. I experienced it when I hurt somebody and approached that person to say sorry and to make peace. Therefore, peace can be found in our self and we have to admit that we have faults.