

# Two Kinds of Peace

Writes T. K. Coleman:

*There are two kinds of peace.*

*The first kind of peace stems from the absence of contrast. It's the kind of peace we feel when we're not being challenged.*

*The second kind of peace arises from self-knowledge. It's rooted in the confidence we have in our own ability to adapt, evolve, and create regardless of the external environment.*

*The surest route to a life of anxiety is found by chasing after the first kind of peace.*

*Problems are real, but the space of possibility that surrounds our problems is equally real and infinitely larger.*

*Instead of begging the problems to go away, beckon the possibilities to come forward.*