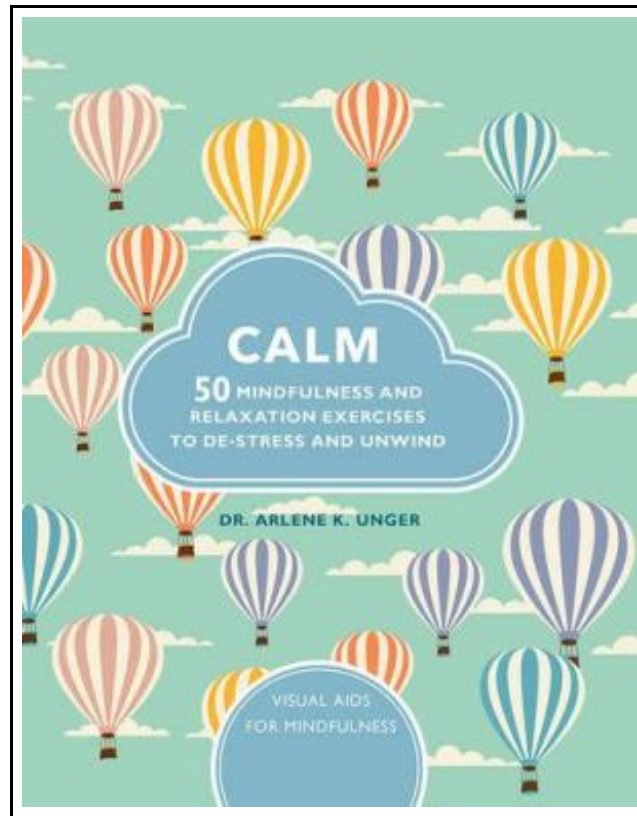


Calm: 50 Mindfulness Exercises to De-stress Wherever You are



Filesize: 2.37 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

CALM: 50 MINDFULNESS EXERCISES TO DE-STRESS WHEREVER YOU ARE



Apple Press. Hardback. Book Condition: new. BRAND NEW, Calm: 50 Mindfulness Exercises to De-stress Wherever You are, Arlene Unger, Everyone wants to feel calm and happy, but few of us manage it. The truth is that we are just not equipped for the twenty-first century - it is too fast, too crowded, too 24/7. And the more stressed we become, the harder it is to find the quiet oases that are essential to our wellbeing. It doesn't have to be this way! Here is the antidote to the clamour and strain of everyday living, a means of breaking the vicious cycle of stress. It is a book of mindfulness exercises - instant and effective ways to slow down and find some serenity - wherever you are and whatever you are doing. This beautiful but practical title draws on a wide range of psychological techniques, including mindfulness, cognitive behavioural therapy and emotional brain training - all of them proven to work. The perfect size to keep in a handbag or pocket, this book has been designed as a tool to keep close by, and to turn to at any point in a busy day. So, open it up and find some inner calm in a noisy world.



[Read Calm: 50 Mindfulness Exercises to De-stress Wherever You are Online](#)



[Download PDF Calm: 50 Mindfulness Exercises to De-stress Wherever You are](#)

You May Also Like



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

[Read ePub »](#)



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

[Read ePub »](#)



Adult Coloring Book Birds: Advanced Realistic Bird Coloring Book for Adults (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced...

[Read ePub »](#)



Nautical Coloring Book: An Advanced Adult Coloring Book of Nautical, Maritime and Seaside Scenes (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced...

[Read ePub »](#)



The Stories Julian Tells A Stepping Stone Book™

Random House Books for Young Readers. Paperback. Book Condition: New. Ann Strugnell (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 5.0in. x 0.4in. Julian is a quick fibber and a wishful thinker. And he is great at...

[Read ePub »](#)