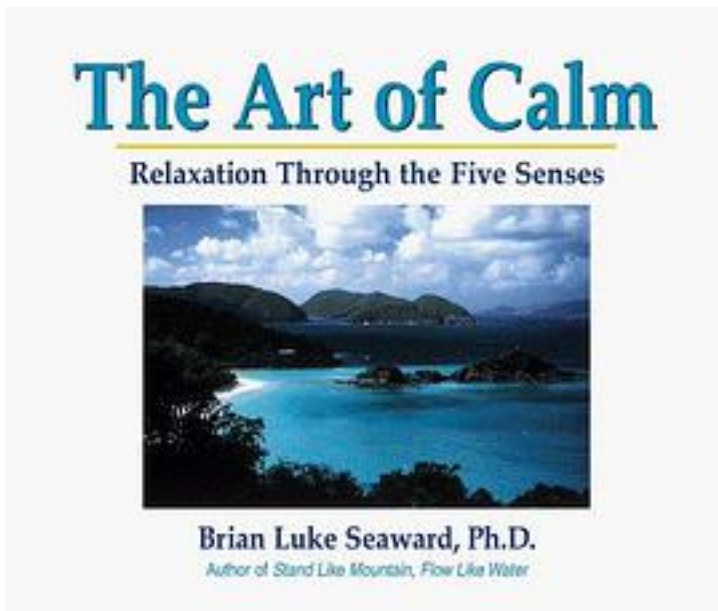


The Art of Calm



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著者:Brian Luke Seaward

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Based on years of experience, author, speaker and renowned stress management expert Brian Luke Seaward wrote *The Art of Calm*, a compendium of practical and powerful ways to bring a sense of peace into our lives almost instantaneously. With more and more of us seeking solace by visiting spas, practicing yoga or taking herbal supplements like kava, this simple yet effective book about how to be calm is a perfect companion to refer to at any given stressful moment during our busy days. Each calming tip is conveniently organized into the various senses of touch, taste, smell, sight and hearing as well as the divine sense. At any time during the day, turn to a page and practice a particular calming method. From practical to playful, sensuous to sublime, each idea is doable and eloquently written. By practicing an idea every day, this book will help identify and deal with life's stressors and establish healthy, calming routines to help stay focused on our goals.

作者介绍:

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