

# Calm



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The serene smile of the Mona Lisa. Fluffy white clouds drifting through an endless deep blue sky. The gentle but powerful cascade of a forest waterfall over moss-covered rocks. These images all evoke peace and calm. In today's cacophonous, non-stop world, 'multitasking' has become expected, creating stress and leaving little time to escape. Calm features photographs and soothing, inspiring quotes that evoke a

stress-free, quiet mood. Readers can set aside just a few minutes of the day to escape and recharge with the approximately 200 calming images in this little book. Through powerful full-colour images of tranquillity, Calm allows readers to pause and re-evaluate each moment, to swap stress for quiet contemplation, to bask in the beauty of nature, art and humanity. This little book will help readers regain perspective when their world seems full of chaos. Here is a balm for the soul, a book readers can turn to at any anxious moment to gather their thoughts and find serenity.

作者介绍:

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