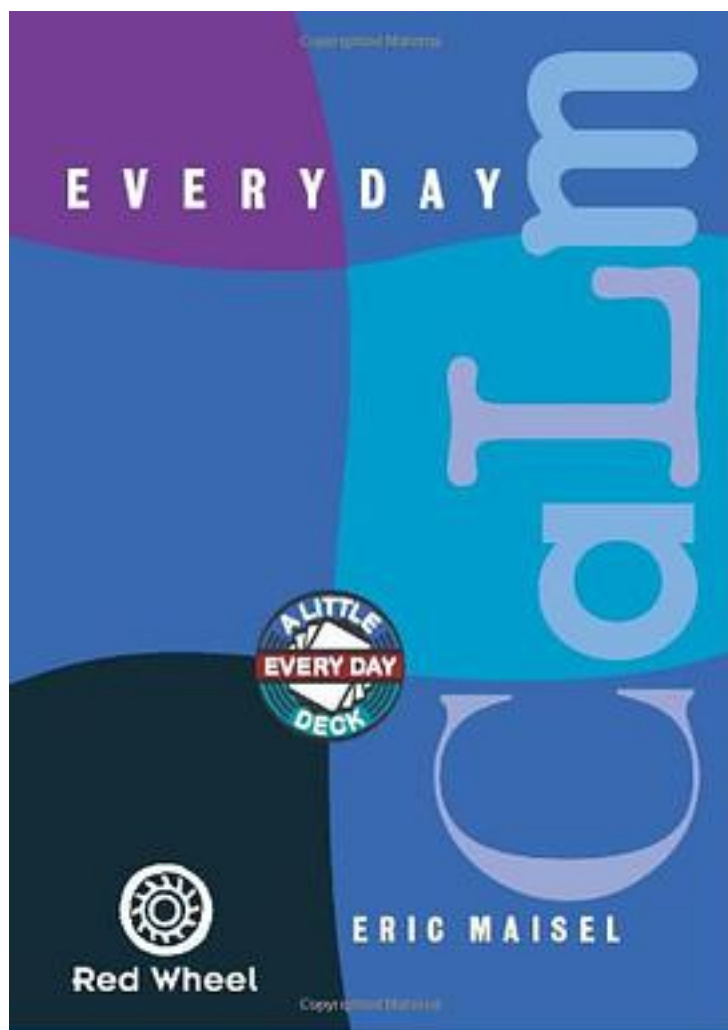


# Everyday Calm



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Let's face it, life can be hectic. These days we run into stress at home, in the office, in

relationships, in traffic and even on vacation. Everyday situations leave us with steam coming out of our ears and our blood pressure sky high. "Everyday Calm: 365 Ways to a Better You" offers a step-by-step way to turn your stressful world into an ocean of calm. Each of the 365 beautifully designed pages offers a daily exercise, activity or reflection to practise and slowly integrate into your lifestyle. With daily prompts on diet, sleep, relaxation, mindset, routine, personal interaction, leisure and creativity, and special words from the gurus, a calmer you is just days away.

作者介绍:

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